

PRESS RELEASE

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Simply Gluten Free passes 100,000 “Likes” on Facebook

February 7, 2014 – Simply Gluten Free has just passed 100,000 “Likes” on Facebook.

The company’s increased popularity has skyrocketed in the past year with the celebration of their magazine title, *Simply Gluten Free’s* 1st anniversary, an updated and improved website, multiple eBooks and product launches, and the continued success of a gluten-free TV cooking show on NBC-based *Daytime*, hosted by the company’s founder, Carol Kicinski.

Kicinski says: “The accomplishment of 100,000 Facebook “Likes” helps to show others that gluten-free living is not just a fad – it is a lifestyle that is necessary for those living with celiac disease or gluten sensitivity.”

“Simply Gluten Free’s Facebook page is a place where people can come to not only follow Carol but be in an actual community where they can share tips, recipes and products, and talk about their experiences with allergen free living,” said Julianne Hillman, Social Media Manager for Simply Gluten Free.



The company’s Facebook friends often comment on the positive impact Simply Gluten Free has had on their lives.

“Can I just say thank you. Thank you for sharing your gift of gluten free recipes with the rest of the world. You give us a starting place, I feel it is up to us to make your creations our own by adapting them to our personal dietary needs. So thank you for sharing. Please continue to do so. People like you make the gluten free community richer and better tasting.” – B.M.

“Your page is making my life easier, Thank you.” – S.S.

“Hello! Thank you very much for the informative page! I learn more and more about the elimination of gluten from my diet every day! I also feel so much better! I rarely experience tummy discomfort and I don’t feel bloated at all anymore! The GF advice did not come from a doctor! It’s all thanks to people like you and pages like this that help us realize that it’s not all doom and gloom! Lots of Love!” – M.S.

“My readers and website followers are the fuel that keeps me running,” Kicinski said. “I’m glad I’ve been able to make a difference in their lives, whether it is from hearing my story or making my recipes. I couldn’t be happier with all the support I receive from them.”

About Carol Kicinski:

Carol is a magazine editor-in-chief, monthly syndicated TV chef, cookbook author and popular website blogger. Diagnosed with gluten sensitivity more than 20 years ago, Kicinski has since become a well-known gluten-free personality. She is the founder and editor-in-chief of *Simply Gluten Free* magazine, one of the top gluten-free magazines in America. Carol is in her fifth season as a monthly syndicated gluten-free chef on NBC-based WFLA-Tampa Bay’s *Daytime* TV show. She is the author of three successful cookbooks and has been published in more than 650 newspapers and magazines across the country.

Simply Gluten Free can be viewed at www.SimplyGluten-Free.com

Facebook: www.facebook.com/SimplyGlutenFree

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