

PRESS RELEASE

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***Simply Gluten Free* and its Editor-in-Chief, Carol Kicinski, to be featured at the Alive Expo in Atlanta**

Gluten free advocate and editor-in-chief of *Simply Gluten Free* magazine, Carol Kicinski, will be appearing on WXIA-TV on 11 Alive, an NBC channel based in Atlanta, to discuss the gluten-free lifestyle and share her recipes for some gluten-free side dishes with show hosts and viewers live this Friday, May 1st between 11 a.m. and 12 p.m.



Kicinski will be a featured speaker on Saturday, May 2nd at 1 p.m. with her presentation on “How to Go & Stay Gluten-Free – Tips, Tricks & Tools!” at the 11th Annual Alive Expo, a two-day health and wellness expo that will take place this Saturday, May 2nd and Sunday, May 3rd, at the Georgia World Congress Center in Atlanta. This year is expected to draw over 200 national and local companies, including *Simply Gluten Free* magazine, giving attendees the chance to experience the best in natural, organic, and healthy products in areas such as food, personal care, vitamins and supplements, pet products, sportswear and much more.

Kicinski will also have a booth at the event for *Simply Gluten Free* magazine.



Kicinski, having been gluten-free for more than 20 years, knows quite a lot of useful tips for navigating a happy, healthy gluten-free lifestyle. Fun, entertaining and highly interactive, Kicinski is a must-see presenter at the event.

Kicinski immersed herself in the gluten-free community back in 2007, when she started a blog, *Simply Gluten Free*, that shares gluten-free recipes – many of which are also free of the top 8 allergens and are vegetarian or vegan. The site has since risen to be one of the top gluten and allergen free sites in the world.

She became America’s first gluten-free-only syndicated TV chef in 2009. Kicinski was asked to be a monthly guest chef on the NBC-based nationally syndicated TV show *Daytime* and is now in her fifth season.

Founder and editor-in-chief of *Simply Gluten Free* magazine, she built on her success and passion to share tips and recipes for gluten-free living. Launched in November 2012, *Simply Gluten Free* magazine was awarded “Hottest Launches of the Year” for 2013 by Media Industry News (MIN).

Published in more than 650 newspapers and magazines across the country and the author of three successful cookbooks, Kicinski is one of the top gluten-free advocates in the country today.

The Alive Expo takes place from 11 a.m. to 7 p.m. Saturday and 11 a.m. to 6 p.m. Sunday at the Georgia World Congress Center, Hall C4, at 235 Northside Drive in Atlanta. Tickets are \$10 per day for general admission and \$35 per day for VIP admission. Children 12 and under as well as military members with valid ID get in free.

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 advocate. She is the founder and editor-in-chief of *Simply Gluten Free* magazine, the leading gluten-free magazine in America today. 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

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