

PRESS RELEASE

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Carol Kicinski is a featured speaker at the Gluten & Allergen Free Wellness Event in Charlotte, NC

Gluten free advocate Carol Kicinski will be appearing this Saturday, March 21, as a featured speaker at the Gluten & Allergen Free Wellness Event at the Crowne Plaza in Charlotte, North Carolina. The event runs from 10 am to 4 pm.

Her presentation topic is “How to Go & Stay Gluten-Free: Tips, Tricks & Tools!” 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.

In 2009, Kicinski was asked to be a monthly guest chef on the NBC-based nationally syndicated TV show *Daytime*. She became America’s first gluten-free-only syndicated TV chef 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.



Kicinski will also be autographing her current cookbooks and will be available for questions at the *Simply Gluten Free* magazine booth during the event. Those in the Charlotte area who are new to going gluten-free or those who want to hear the experiences of others living a gluten-free lifestyle will have plenty to see, do and learn at the event. And of course, can meet many gluten-free advocates – including Carol Kicinski!

Tickets are \$10 for adults. Admission is free for children 13 and younger.

The Gluten & Allergen Free Wellness Event puts on events in major cities across the U.S., including Las Vegas, Kansas City and St. Louis. To learn more, visit www.echoglutenfreeinfo.blogspot.com.

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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