

# PRESS RELEASE

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## Carol Kicinski is the featured speaker at the Gluten & Allergen Free Wellness Event

Gluten free advocate Carol Kicinski will be appearing as the featured speaker at the Gluten & Allergen Free Wellness Event at the Harris Conference Center in Charlotte, North Carolina on Saturday, March 29. The event runs from 10 a.m. to 4 p.m.

“Embracing the Gluten Free Lifestyle,” a topic Kicinski has built a career on, is the subject of her presentation.

“I believe in focusing on what you CAN eat, not what you can’t eat,” Kicinski said. “There’s a beautiful, abundant world of gluten free food, you just have to learn how to navigate it.”

Diagnosed gluten sensitive 20 years ago, Kicinski, having a need for a platform to share her recipes and lifestyle tips, created a website in 2007. The site has now risen to be one of the top gluten and allergen free sites in the world.

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

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 recently 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 two 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 personal questions at the *Simply Gluten Free* magazine booth during the event.

Admission to the event is \$10 for adults and children 13 years old or younger get in free.



The Gluten & Allergen Free Wellness Event puts on shows in major cities across the U.S., including Austin, Nashville, St. Louis, Raleigh/Durham, and Virginia Beach. For more information about the Gluten & Allergen Free Wellness Event, visit [www.echoglutenfreeinfo.blogspot.com](http://www.echoglutenfreeinfo.blogspot.com).

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### 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 two 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](http://www.SimplyGluten-Free.com)

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