

# PRESS RELEASE

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

Gluten free advocate Carol Kicinski will be appearing as the featured speaker at the Gluten & Allergen Free Wellness Event at the Double Tree Hilton on Hillsborough Street in Raleigh, North Carolina on Saturday, August 9. The event runs from 10 a.m. to 4 p.m.

“Ridding Your Life, Not Just Your Diet, of Toxicity,” will be the subject of her presentation, which will take place at 2:30 p.m. Kicinski is fun, entertaining and highly interactive.

Kicinski has been living the gluten-free lifestyle for more than 20 years and has shared recipes and tips on her website, Simply Gluten Free, since 2007. 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 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 questions at the *Simply Gluten Free* magazine booth during the event.

Those in the Raleigh 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.

Admission to the event is \$10 for adults and children 13 years old or younger get in free. College students receive \$3 off admission at the door with student ID.



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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