

PRESS RELEASE

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Carol Kicinski speaks at Gluten & Allergen Free Wellness Event in Raleigh, August 17th

Gluten free personality Carol Kicinski was a featured speaker at the Gluten & Allergen Free Wellness Event at the Durham Convention Center in Marriott Center City on Saturday, August 17.

Kicinski's presentation was about "Setting up your gluten-free kitchen," a topic Kicinski has become an expert on. Having a well-stocked pantry and learning to avoid cross-contamination are just a few of the tips Kicinski discussed at the event. Hundreds of people attended the expo, many of which asked questions and shared their own stories about being gluten-free. About 60 percent of the audience was new to gluten-free.



Kicinski also answered questions about how smart phone apps and other technology can help you stay on a gluten-free diet, a topic that was recently discussed in Simply Gluten Free Magazine.

Kicinski is one of the top gluten-free personalities in the country today. She started a blog in 2007 that has now risen to one of the top gluten and allergen free blogs in the world, with more than 775,000 hits monthly and more than 160,000 unique visitors per month. Kicinski then published two successful cookbooks and wrote articles and recipes for hundreds of newspapers and magazines across the country.

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

In November 2012, Kicinski launched Simply Gluten Free Magazine, a gluten and allergen free lifestyle magazine that has become wildly popular in health food stores and national chains such as Whole Foods and Barnes & Noble.

Kicinski autographed her current cookbooks and was also available for personal questions at the Simply Gluten Free Magazine booth during the entire event.

About Carol Kicinski:

Carol was diagnosed with gluten intolerance more than 20 years ago. In addition to her popular blog, she is also in her fourth season as a monthly syndicated gluten free chef on NBC-based WFLA-Tampa Bay's *Daytime* TV show. In November 2012 she launched *Simply Gluten Free* magazine, which has now become the most popular gluten and allergen free magazine in America.

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

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