

PRESS RELEASE

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Gluten-Free TV Chef, Carol Kicinski to be at the Gluten Free Expo in Utah

Sandy, Utah – Acclaimed gluten-free TV chef and author, Carol Kicinski, will be the featured speaker at the Gluten Free Expo in Sandy, Utah on Saturday, October 11 at the South Towne Exposition Center. The event will take place from 9 a.m. to 5 p.m. and is open to the public.

The Gluten Free Expo is the nation's largest gluten-free consumer event, with shows in Utah and coming soon (in 2015) to California, Idaho and North Carolina. It features free food samples from hundreds of vendors, cooking demonstrations, medical lectures, prize giveaways, contests and presentations by prominent gluten-free personalities.

Kicinski is the featured presenter, on "Removing Toxins from Your Diet and Life." Kicinski will talk about how you can have a happier and healthier gluten-free life and how there is more to a gluten-free lifestyle than just getting rid of the gluten. Kicinski is fun, entertaining and highly interactive – an uplifting and humorous presenter.

Diagnosed with gluten sensitivity more than 20 years ago, Kicinski is a pioneer in the gluten-free community. She started her website, www.SimplyGluten-Free.com, in 2007 to share recipes and tips with those living a gluten-free lifestyle. The site has since become one of the top gluten and allergen free sites in the world.

As people began to take notice of Kicinski's website, producers of the NBC-based *Daytime* TV show approached her to start a monthly gluten-free TV cooking segment in 2009. She is now in her fifth season as America's first gluten-free-only TV chef. *Daytime* TV is syndicated to 191 stations. Her show enjoys 2.2 million viewers monthly.



In 2012, Kicinski launched *Simply Gluten Free* magazine, a full lifestyle magazine for gluten and allergen free living. She is the founder and editor-in-chief of the magazine, which will celebrate its second anniversary this November. There are more than 2 million readers annually.

Kicinski will also be autographing her current cookbooks and will be available for questions at the *Simply Gluten Free* magazine booth during the event. The magazine is the official, exclusive media sponsor for the Gluten Free Expo.

Those in the Salt Lake City or Sandy, Utah area who are new to going gluten-free and those who want to learn from the experiences of others living a gluten-free lifestyle will have plenty to see, do and learn at the event. Tickets are \$8 online or at the door. Kids 8 and under get in free. For more information about the event, visit www.glutenfreeexpo.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 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

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