

PRESS RELEASE

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Gluten-Free TV Chef, Carol Kicinski to appear on *Good Things Utah* on ABC 4

Salt Lake City, Utah – Acclaimed gluten-free TV chef and author, Carol Kicinski, will be a featured guest on *Good Things Utah* on ABC 4 Utah this Friday, October 10. The show airs live at 9 a.m. (MST).

Kicinski will discuss the upcoming Gluten Free Expo that takes place Saturday, October 11 at the South Towne Exposition Center in Sandy. The 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 at the expo. Her presentation on “Removing Toxins from Your Diet and Life” 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.

She is not only the featured presenter and spokesperson for the expo, but the magazine for which she is the founder and editor-in-chief, *Simply Gluten Free*, is the exclusive media sponsor.

In 2012, Kicinski launched *Simply Gluten Free* magazine, a full lifestyle magazine for gluten and allergen free living. The magazine, which will celebrate its second anniversary this November, has more than 2 million readers annually.

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 WFLA-Tampa Bay's *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.



Kicinski is sure to bring her fun spirit and sense of humor to *Good Things Utah* this Friday. *Good Things Utah* is a talk show in its 12th season that highlights “everything that's great about the Beehive State” and is hosted by Nicea DeGering, Reagan Leadbetter and Jessie Miller.

Tune in to ABC 4 Utah to learn more about the upcoming Gluten Free Expo. www.good4utah.com/gtu

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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