

PRESS RELEASE

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Gluten-Free TV Personality, Carol Kicinski, to appear on Park City Television in Utah

Park City, Utah – Acclaimed gluten-free TV chef and author, Carol Kicinski, will be a featured guest on the *Mountain Morning Show on Park City Television* (PCTV) this Friday, October 9. The show airs at 8:30 a.m. (MST).

Kicinski will discuss tips and information about gluten-free living. Gluten-free for more than 20 years, Kicinski has plenty of advice and dozens of helpful tips to share with viewers of PCTV.

Kicinski will also discuss the upcoming **Gluten Free Expo** that takes place Saturday, October 10 at the South Towne Exposition Center in Sandy, just 25 minutes from Salt Lake City. The expo is the nation's largest gluten-free consumer event and 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, "How to Go & Stay Gluten-Free – Tips, Tricks & Tools!" is a must-see! 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 third anniversary this November, is America's no. 1 allergen-free publication.

Kicinski is no stranger to TV and is excited to share her knowledge and discuss the Gluten Free Expo on PCTV. Kicinski has had a monthly gluten-free TV cooking segment on NBC-based WFLA-Tampa Bay's *Daytime* TV since 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.



Just as she does on *Daytime*, Kicinski is sure to bring her fun spirit and sense of humor to the *Mountain Morning Show* this Friday. *Mountain Morning Show* informs viewers of events, special fundraisers, concerts, feature stories, entertainment news, and latest news headlines. This Friday's show will be hosted by Chelsea Haviland.

Tune in to PCTV this Friday to get information on gluten-free living from Carol Kicinski as well as to learn more about Saturday's Gluten Free Expo.

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 three 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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