

PRESS RELEASE

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Gluten-free Carol Kicinski makes guest appearance on Women 4 Women Network Radio

Carol Kicinski, founder and editor-in-chief of *Simply Gluten Free Magazine*, will make a guest appearance on Women 4 Women Network Radio (W4WN) on Thursday, August 14 at 1 p.m. EST.

Kicinski will give listeners some of the basics about gluten sensitivity and celiac disease, as well as provide them with quick breakfast recipes and lunchbox solutions for kids on a gluten-free diet. The segment will air on the Kid Kritics' Family Food Experts show and will be hosted by Ellen Briggs.



W4WN airs live at www.W4WN.com and is also available on iHeartRadio, iTunes and Blog Talk Radio. The station is ranked as the world's #1 women's radio station connecting women globally.

"Being featured on W4WN is a great opportunity for me to share with other women who may be struggling with what to do after being diagnosed with celiac or gluten sensitivity," Kicinski said. "As a women-owned business with 94% of our readership being female, W4WN is the perfect outlet for Simply Gluten Free to provide simple and beautiful solutions to living a happy and healthy gluten-free lifestyle."

In addition to being the founder and editor-in-chief of *Simply Gluten Free Magazine*, Carol Kicinski is a professional recipe developer, cookbook author and a regular guest TV chef on NBC-based WFLA-Tampa Bay's *Daytime* TV show. She founded Simply Gluten Free in 2007 as a gluten-free lifestyle and recipe blog – it is now one of the most popular gluten and allergen free blogs in the country.

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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