

JJ Virgin, CNS, CHFS

“Your body is not a bank account. It’s a chemistry lab.” — JJ Virgin

Celebrity Nutrition and Fitness Expert JJ Virgin is the four-time NY Times bestselling author of **JJ Virgin’s Sugar Impact Diet Cookbook: 150 Low-Sugar Recipes to Help You Lose up to 10 Pounds in Just 2 Weeks**, **JJ Virgin’s Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks**, **The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days**, and **The Virgin Diet Cookbook: 150 Easy and Delicious Recipes to Lose Weight and Feel Better Fast**.

They have also been bestsellers in the Wall Street Journal, USA Today, the Chicago Tribune, and numerous other media outlets.

JJ specializes in weight loss resistance related to food intolerance and has helped hundreds of thousands of people finally lose the weight and feel better fast. She shows people how to identify sneaky sugars, crush sugar addiction, and shift from being a sugar burner to a fat burner.

She is also the best-selling author of **Six Weeks to Sleeveless and Sexy** as well as a prominent TV and print media personality.

She speaks at major integrative medical and consumer conferences having shared the stage with Jack Canfield, Suzanne Somers, John Gray, Dr. Daniel Amen, and Brendon Burchard, and appears regularly in the media, including Public Television, Dr. Oz, Rachael Ray, the TODAY Show, Dr. Phil and Access Hollywood. JJ frequently blogs for the Huffington Post, Prevention, Dr. Oz’s Sharecare, and numerous other publications.

JJ is creator of the 4X4 Burst Training Workout & co-starred in TLC’s *Freaky Eaters*.

She has provided nutrition and training programs for a wide variety of famous faces including CEOs, athletes and celebrities including Gene Simmons, Ben Stiller, Taj George, Jeanne Tripplehorn, Nicole Eggert, Tracie Thoms, and “Superman” Brandon Routh.

JJ is a board Certified Nutrition Specialist, board certified in Holistic Nutrition and a Certified Nutrition and Fitness Specialist, has completed 40 graduate and doctoral courses and continues to learn every day to keep her audience up on the latest science.