

JJ Virgin CNS, CHFS

"Your body is not a bank account. It's a chemistry lab." -- JJ Virgin



NY Times bestselling author JJ Virgin is a prominent fitness and nutrition expert, public speaker and media personality.

Her latest book, *The Virgin Diet Cookbook: 150 Delicious Recipes to Lose the Fat and Feel Better Fast*, follows on the trail of *The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days*, which appeared on numerous bestselling non-fiction lists, including *The NY Times*, *USA Today*, the *Chicago Tribune* and *The Wall St. Journal*.

Internationally recognized as an expert in overcoming weight loss resistance (a self-coined term to describe people who do everything correctly and can't attain weight loss), JJ has helped thousands attain fast fat loss by addressing food allergies, sensitivities and intolerances. Clients feel better fast and get fast, lasting fat loss when they drop the 7 highly reactive foods.

JJ's recent media appearances include PBS, *Access Hollywood*, *The Rachael Ray Show*, *The Doctors*, and *The Today Show*. She is a frequent blogger for *Livestrong.com*, *The Huffington Post*, and *Prevention Magazine*. JJ has been interviewed in numerous publications, including *FOX News*, *Women's World*, *Health Magazine*, *LA Weekly*, *Cosmopolitan*, *Dr. Oz's website* and the *LA Times*.

Her A-list clients include Nicole Eggert, Gene Simmons, Ben Stiller, Janeane Garofalo and *Superman Returns* star Brandon Routh.

JJ was the nutrition expert for 2 years on the *Dr. Phil Show* and spent 2 seasons as co-host of TLC's *Freaky Eaters*. She is also the best-selling author of *Six Weeks to Sleeveless and Sexy* and creator of the 4x4 Burst Training Workout.

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.

Visit www.jjvirgin.com to learn more and get her free 3-part video series.