

JJ VIRGIN

Live well. Love life.



JJ VIRGIN PhD, CNS

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

JJ Virgin is the premiere voice of scientific reason in the world of nutrition and wellness. She is one of the nation's foremost celebrity nutrition experts, public speaker and media personality. Her 25 years in the health and fitness industry, the past 10 in holistic nutrition and functional medicine, have earned JJ recognition as the go-to weight loss expert who can unlock the door to life-long weight management through her sensible, no-fail approach to nutrition and fitness. JJ's book *"Six Weeks to Sleeveless and Sexy"* was published in May 2010 from Simon & Schuster.

Internationally recognized as the creator and leader of the breakthrough Weight Loss Resistance Revolution™ programs, JJ is responsible for turning the most challenging weight loss resistant cases into stunning successes where clients can get lean for life. Her mission is to crush the widespread misinformation on nutrition and exercise and put a serious dent in the obesity epidemic with her science-based approach to weight loss and fitness. "Your body is a chemistry lab; there are scientific methods to help you discover your areas of weight loss resistance, heal your metabolism and become well for life," JJ says.

She has worked with performance athletes, CEO's, and A-list celebrities from around the world, including Gene Simmons, Ben Stiller, Jeanne Tripplehorn, Tracie Thoms, Janeane Garofalo, Joshua Rexford, Stephen Bishop, Benny Mardones, and *Superman Returns* star Brandon Routh. JJ appeared for two years as the nutrition expert on the top-rated *Dr. Phil Show*, and made appearances on ABC's *Extreme Makeover*, NBC's *iVillage Live*, *The Bonnie Hunt Show* and the E! channel's *Modern Girl's Guide to Life*. She's authored numerous articles and has been featured on nationally syndicated radio shows, at international conferences and in popular magazines including *US Weekly*, *Star* and *SHAPE*, and appears regularly on popular websites and in newspapers. JJ has led national health campaigns and also trains other health care professionals and speaks to doctors about weight loss, fitness, nutrition and related health issues.

JJ is a member of Mensa, and has a multitude of educational degrees and programs to her credit, including a PhD in Holistic Nutrition from Clayton College of Natural Health, a degree in Exercise Science from UCLA and graduate coursework in 6 different graduate and doctoral programs including Biomechanics from California State University Northridge, Sports Medicine from University of Miami, doctoral level courses in Exercise Physiology, Nutrition and Aging from USC, and Nutrition studies from University of Bridgeport. JJ continually updates her education by attending multiple health-focused medical conferences and seminars every year.

Included in JJ's credentials:

- Board Certified Nutrition Specialist with the American College of Nutrition
- Board Certified in Holistic Nutrition
- Certified by the American College of Sports Medicine as a Health Fitness Specialist with enhanced qualifications in nutrition, advanced personal training and exercise for the older adult
- Certified Nutritional Counselor with the American Association of Nutritional Consultants
- Completion of the Institute of Functional Medicine's course, "Applying Functional Medicine in Clinical Practice"
- President of the National Association of Nutrition Professionals
- Member of the American Nutraceutical Association

You can learn more about her work at www.jjvirgin.com