

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 May 2010 by 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. JJ 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, 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 and SHAPE, and appears regularly on popular websites and in newspapers.

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.

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