

JJ VIRGIN

Live well. Love life.

JJ VIRGIN, CNS, CHFS

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



Celebrity Nutrition and Fitness expert is a bestselling author, 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 resistance expert who can unlock the door to fast and lasting fat loss through removing hidden food allergies and food sensitivities from the diet. She couples this with burst training to repeatedly get the results no one else can. JJ is the author of "Six Weeks to Sleeveless and Sexy" published by Simon & Schuster

Gallery and she is the co-star of the TLC reality series Freaky Eaters. Her next book, the Zero Tolerance Diet, will be published in January 2013.

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 regularly appears in all major media channels including the TODAY Show, Access Hollywood, Women's World, AOL's You've Got..., New York Post, Washington Post, Reader's Digest, Fitness, Shape, the Huffington Post Blog and NPR.

JJ is a member of Mensa, a UCLA graduate and chronic student having taken 40 graduate courses (and counting) from 6 different graduate and doctoral schools 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 and speaking at the major integrative medicine conferences each year. JJ is the Nutritional Consultant and Advisor for MyMedicalRecords.com a publically traded Personal Health Record Company and consultant for Alacer Corp, Pathway Genomics and Thorne Research, Inc.

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"

Past President of the National Association of Nutrition Professionals

Member of the American Nutraceutical Association

Adjunct Professor of Bauman College

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