

A person with long brown hair, wearing a grey knit sweater, is sitting and reading a large, thick book. In front of them is a glass cup of tea with cinnamon sticks and lavender sprigs. The scene is cozy and relaxed, with warm lighting. The background is a soft-focus view of the person's legs and the book they are reading.

JJVIRGIN

# STRESS RELIEF GUIDE

**HOW TO ADDRESS  
YOUR STRESS NATURALLY**

JJVIRGIN.COM





- 02 INTRODUCTION
- 03 STRESS QUIZ
- 05 TOP 6 WAYS TO NATURALLY REDUCE STRESS
- 07 ZEN IN A CUP: GREEN TEA
- 08 GREEN TEA LATTE WITH WHIPPED COCONUT CREAM
- 09 THE SCIENCE BEHIND STRESS: CAVEMEN AND CORTISOL
- 10 MY FAVORITE MINDSET HACK: TAPPING
- 11 FEEL STRESSED? EAT CHOCOLATE!
- 12 CHOCOLATE AVOCADO MOUSSE WITH CACAO NIBS
- 13 TRIPLE CHOCOLATE BLUEBERRY OVERNIGHT OATS
- 14 CHOCOLATE CHERRY CHIA PROTEIN SHAKE
- 15 GOT 8 MINUTES? HOW TO BUILD A STRESS-BUSTING WORKOUT
- 16 HOW TO BURST TRAIN

# STRESS RELIEF

When you think about stress, what do you picture? Tough work deadlines and terrible traffic? Maybe it's a difficult relationship or a scary medical diagnosis.

While you can probably identify what triggers your stress, doing something about it can prove more complex. But addressing your stress is crucial!

We know stress causes leaky gut, which can lead to a host of health issues, including chronic inflammation and autoimmune disease. High stress levels also break down muscle and cause your body to hang on to fat, especially around your belly.

Chronic stress causes hormone issues that can make it hard to sleep and cause your appetite to rage out of control, plus age you faster on a DNA level.

It's not an exaggeration to say that stress kills.

But stress is part of real life, and I'm certainly not immune!

While I can't whisk you away to a tropical island with nothing but palm trees and soft breezes, I can offer you practical strategies, recipes, and tips to handle your stress, so it doesn't rob you of your health or your peace.

Start with the stress quiz to assess how stress impacts your life, then learn strategies and recipes to deal with it. **We're in this together!**

**Best,  
JJ**



Addressing  
your stress is  
crucial to stay  
healthy...

Start with the  
stress quiz to  
assess stress  
in your life >>>

# STRESS QUIZ

While we're quick to notice when others act stressed, stress can be surprisingly hard to identify in your own life! Take the assessment below to find out what impact stress is having on your wellbeing.

## IS STRESS DAMAGING YOUR HEALTH?

### PART A | STRESS RELIEVERS

- |  |                           |                          |
|--|---------------------------|--------------------------|
| Do you have a close support network of family and friends?                     | <input type="radio"/> YES | <input type="radio"/> NO |
| Do you have a spiritual foundation that you draw strength and faith from?      | <input type="radio"/> YES | <input type="radio"/> NO |
| Do you feel like you have control over your life and its direction?            | <input type="radio"/> YES | <input type="radio"/> NO |
| Are you happy in your career or job?   | <input type="radio"/> YES | <input type="radio"/> NO |
| Do you do burst train (i.e. interval training) regularly?                      | <input type="radio"/> YES | <input type="radio"/> NO |
| Do you eat three meals per day at least 6 days out of the week?                | <input type="radio"/> YES | <input type="radio"/> NO |
| Do you take downtime each day to experience your own personal bliss?           | <input type="radio"/> YES | <input type="radio"/> NO |
| Are you comfortable financially?   | <input type="radio"/> YES | <input type="radio"/> NO |
| Do you keep your body within your ideal weight range and body fat composition? | <input type="radio"/> YES | <input type="radio"/> NO |
| Do you regularly get 7-9 hours of quality sleep per night?                     | <input type="radio"/> YES | <input type="radio"/> NO |

TOTAL NUMBER OF "NO" ANSWERS IS \_\_\_\_\_

CONTINUE QUIZ ON PAGE 5



## PART B | STRESS PROVOKERS & INDICATORS

- Do you regularly consume caffeine, alcohol, sugar, and refined carbohydrates? ☐ YES ☐ NO
- Do you frequently feel fearful and/or that things are beyond your control? ☐ YES ☐ NO
- Do you struggle to remember things? ☐ YES ☐ NO
- Do you suffer from allergies, chronic fatigue, fibromyalgia, asthma, or headaches? ☐ YES ☐ NO
- Do you suffer from stomach issues including heartburn, gas, bloating, diarrhea, or constipation? ☐ YES ☐ NO
- Do you engage in endurance training (cardio exercise 45+ minutes a day, 3 or more times a week)? ☐ YES ☐ NO
- Does it take you 30 minutes or longer to fall asleep at night? ☐ YES ☐ NO
- Do you have difficulty sleeping through the night? ☐ YES ☐ NO
- Are you sensitive to smells? ☐ YES ☐ NO
- Are you impatient or easily irritated? ☐ YES ☐ NO
- Have you lost interest in sex? ☐ YES ☐ NO
- Are you more tired after you work out? ☐ YES ☐ NO
- Have you experienced any major life stressor (positive or negative) in the past year (death of a loved one, major illness, divorce, marriage, birth of a child, move, change of job, financial change)? ☐ YES ☐ NO
- Do you need caffeine to wake you up in the morning or to help you make it through the day? ☐ YES ☐ NO
- Do you get sick three or more times a year? ☐ YES ☐ NO
- Do you crave carbohydrates or sugary foods? ☐ YES ☐ NO
- Do you crave salty foods? ☐ YES ☐ NO

TOTAL NUMBER OF "YES" ANSWERS IS \_\_\_\_\_

**If you scored 3 or higher in either part or have a grand total of 4 or above, you definitely need to address your stress!**

GRAND TOTAL \_\_\_\_\_

Ideally, no matter what you scored, you will work on any "No" answers in Part A or "Yes" answers in Part B.

# TOP 6 WAYS TO NATURALLY REDUCE **STRESS**

*Green tea*  
*Exercise*  
*Chocolate*  
*Lavender*  
*Omega-3s*  
*Laughter*



~~~~~

No matter what time of year it is, stress can always creep in!

Winter holidays have a reputation for delivering depression along with the gift wrap and gingerbread. But schedule changes during summer vacation can also bring on anxiety instead of relaxation.

All that tension takes a dangerous toll, and rates of panic disorders and stress-related mental illness continue to climb.<sup>1</sup> Elevated stress hormones also increase inflammation, putting you at risk for serious issues, including heart disease, cancer, and autoimmune disorders.<sup>14</sup>

Fortunately, there are some quick, natural ways to maintain your sense of calm.

If stress is interfering with your moods, sleep, or appetite, try the 6 scientifically proven steps on the next page >>>





## 1. Green Tea

**Green tea has been proven to boost your health in so many ways**, from fighting cardiovascular disease and obesity to preventing type 2 diabetes and some types of cancer.<sup>2</sup>

As if all that wasn't enough, it also makes you feel good! Green tea contains L-theanine, an amino acid that naturally reduces your blood pressure and anxiety levels.<sup>3</sup> Just be sure to switch to decaf after lunch...

Not a fan of the taste of green tea? Try the decaf green tea extract in my vegetarian [Metabolic Reset](#) from [JJVirginStore.com](#).

## 2. Exercise

**Want to feel better fast? Get moving!**

Studies show that people who exercise at least 2-3 times a week experience significantly less depression, anger, and stress than folks who exercise less frequently or not at all.<sup>4</sup>

And you don't have to spend hours in the gym to get those mood-boosting benefits – just 10 minutes of burst training 2-3 times a week is enough to make a difference. (See the article on burst training on page [16](#) for more info...)

## 3. Chocolate

**When the going gets tough, if your gut instinct is to reach for chocolate, you might be on to something!**

This one sounds too good to be true, doesn't it? But studies prove the flavanols in dark chocolate enhance your brain function and lower stress hormones, making you feel more focused and calm.<sup>5</sup>

(Don't miss 3 delicious chocolate recipes later in the guide, starting on page [12](#) ...)

## 4. Lavender

**When my son Grant was in the hospital, I witnessed the power of lavender firsthand.** Even when he was in a deep coma, rubbing his feet with lavender essential oil reduced his blood pressure and heart rate.

No surprise that a series of studies has shown lavender is a natural antidepressant that not only stabilizes your mood, but also relieves pain and can even prevent seizures and migraines.<sup>6</sup>

The next time you're feeling overwhelmed, try rubbing a drop into each wrist or taking a bath with several drops of lavender essential oil in the water.

## 5. Omega-3s

**You don't have to work hard to make a case for getting plenty of omega-3s in your diet, stressed or not!**

These powerful fatty acids have been proven to boost brain health, fight inflammation, and help burn fat and build muscle.<sup>9-11</sup> Healthy omega-3 fats also show enormous promise in treating mood and behavior disorders and healing traumatic brain injuries.<sup>12, 13</sup>

That's why it's important to eat foods rich in omega-3 fatty acids, including wild salmon, organic berries, and flax or chia seed. I always take a quality fish oil supplement like my [Omega Ultra](#) as well – too important to take chances on this one!

## 6. LOL

**Laughter really is the best medicine.**

Not only does a good belly laugh loosen your muscles for a long time afterward, it also causes the release of endorphins, feel-good chemicals that reduce stress and can even temporarily relieve pain.<sup>7</sup> In fact, one study found that people with a good sense of humor actually live longer!<sup>8</sup>

(Want a good chuckle right now? Google the words "wonky donkey book grandma" and watch the video. Guaranteed she'll make you smile...)



1. <https://www.adaa.org/about-adaa/press-room/facts-statistics>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2855614/>
3. <https://www.ncbi.nlm.nih.gov/pubmed/18296328>
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6. <http://psycnet.apa.org/journals/hea/30/4/424/>
7. <http://psycnet.apa.org/journals/psp/95/1/197/>
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13. <https://goo.gl/f2gnjc>
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# Zen in a Cup Green Tea

The stress-fighting abilities of green tea are just one reason it's been part of my daily routine for years. If you're looking for an easy win in your pursuit of good health, green tea is the answer!

## A FEW TIPS

• 1 •

**Whether you wait for your tea kettle to whistle or grab an iced matcha at your local coffee shop, be sure your tea is unsweetened.** You don't want to undo the anti-inflammatory benefits of green tea by loading it down with sugar!

• 2 •

**Add 5-6 fresh mint leaves with your green tea when you're brewing your next cup.** Peppermint has been proven to help with anxiety and increase your energy levels.

• 3 •

**Try one of my all-time favorite green tea recipes!** This drink recipe is zen in a mug. Top it with a cloud of whipped coconut cream and a dash of green matcha powder for a real showstopper. Great flavor and great health benefits...



## Fight stress with Omega Ultra

EPA 662 mg | DHA 250 mg

100% CERTIFIED SUSTAINABLE, US-CAUGHT, WILD ALASKAN FISH

[SHOP NOW](#)



This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.





## GREEN TEA LATTE with Whipped Coconut Cream

{ **MAKES 1 SERVING** }

- **1 scoop JJ Virgin Vanilla All-In-One Protein Shake** powder (your choice of Paleo or Plant-Based)
- **4 oz.** unsweetened coconut milk
- **6 oz.** brewed green tea (hot)
- **1/8 tsp** ground ginger
- Whipped coconut cream
- dash of ground matcha powder

In a small bowl, whisk together the coconut milk and vanilla shake powder until smooth and well-combined. Pour into the hot green tea and stir.

Top with a spoonful of whipped coconut cream and a dash of ground matcha powder.

### Whipped Coconut Cream

This dreamy, dairy-free whipped concoction makes the perfect topping for any drink or treat. It's a beautiful cloud of naturally sweet coconut.

{ **MAKES 1/2 CUP** }

- **1 (14 oz.) can** full-fat unsweetened coconut milk, refrigerated at least 12 hours
- **1 tsp** real vanilla extract
- **1 tsp JJ Virgin Sprinkles**, erythritol, or powdered monk fruit (optional)

Open the can and drain off the liquid. (Save it to use in protein shakes!) Then scoop the firm coconut cream into a medium bowl.

Add the vanilla and sweetener, and beat with an electric mixer on medium-high speed until completely whipped and thick. Refrigerate until ready to use.

# The Science Behind Stress: **Cavemen and Cortisol**

**Your body's instinct for self-preservation is a beautiful thing. You have hundreds of built-in chemical responses ready to help you through hard times.**

**And when it comes to finding the energy and strength you need to survive stress, cortisol is your number one ally.**

Cortisol is the primary stress hormone produced by your adrenal system, and it's responsible for so many important tasks – from maintaining your sleep schedule and appetite to deciding your mood and whether you burn fat and build muscle.<sup>1-4</sup>

**For your ancient ancestors, extra cortisol and adrenaline helped create a sudden burst of speed when they were facing danger.** Their adrenal system also had the smarts to make more cortisol so they could hang on to body fat during the winter, when mealtimes were less predictable.

**Unfortunately, today's world simulates those times of stress and deprivation 24/7.** As you juggle a hectic schedule, work deadlines, and family obligations, your body gets the message that you're in constant danger, and it produces more cortisol to protect you.

The result? Anxiety and depression, trouble sleeping, a huge appetite, and extra belly fat that won't budge.

If stress is interfering with your moods, sleep, or appetite, you need to hit the reset button. Try the tips in

this guide, lower your sugar impact, and consider an all-natural supplement to help. (**Omega Ultra** and **Metabolic Reset** can both help you safely manage your natural stress response.\*)

**You're not a caveman in danger, and it's time your body got the message!**

#### ARTICLE SOURCES:

- 1 <http://www.ncbi.nlm.nih.gov/pubmed/16353426>
- 2 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2474765/>
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# *My Favorite* Mindset Hack **t a p p i n g**

What do you do when you're feeling overwhelmed and about to lose your cool?

We've all been there, and counting to ten isn't much help. Mindset hacks to the rescue!

*Check Out!*  
**TheTappingSolution.com**

TOP OF HEAD

EYEBROWS

TEMPLES

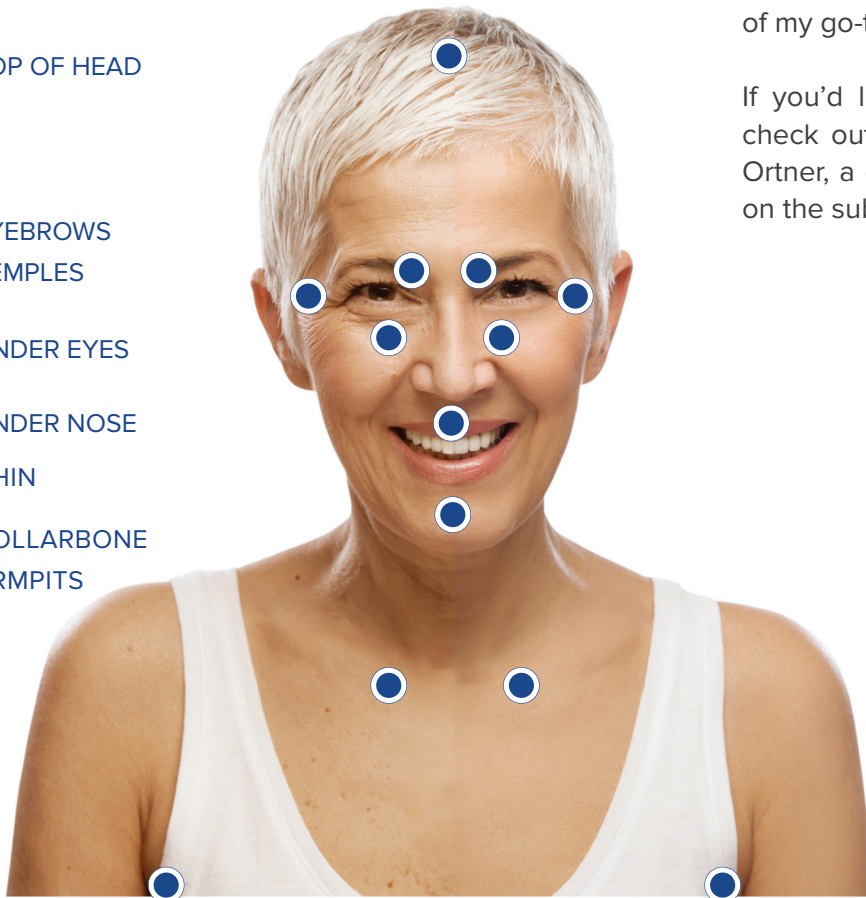
UNDER EYES

UNDER NOSE

CHIN

COLLARBONE

ARMPITS



Mindset hacks are quick and easy ways to hit the reset button when you're feeling stressed or anxious. They include prayer or meditation, deep breathing, gratitude journaling, humor, music, or hugs – anything that helps you refocus on the positive.

**One of my favorite mindset hacks is tapping. And no, I don't mean a dance you do in tap shoes!**

Tapping is related to the ancient Chinese tradition of acupressure and offers you a quick way to regain your balance when you're feeling emotionally unsteady. I use it every day as one of my go-to ways to cope with stress.

If you'd like to find out more about tapping, check out **TheTappingSolution.com** from Nick Ortner, a good friend of mine who is an expert on the subject.



# FEEL STRESSED? EAT CHOCOLATE!

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EAT  
CHOCOLATE  
75%+  
CACAO

I don't know about you, but I'm a huge chocolate fan!

So I was pretty thrilled as research studies started pouring in over the last decade that prove the health benefits of eating cacao every day: "I have to eat my chocolate – it's doctor's orders."

There are plenty of reasons to make chocolate a part of your daily supplement regimen, especially its benefits for stress and your brain health. (Remember, we're talking about dark chocolate here, with at least 75% cacao content.)

**So how about a little all-natural stress relief at your next meal? Here's a set of 3 recipes that are all healthy chocolate bliss...**



# CHOCOLATE AVOCADO MOUSSE WITH CACAO NIBS



## { MAKES 4 SERVINGS }

- **2 oz.** dark chocolate, 75 percent cacao or higher, chopped
- **1** avocado, peeled and pitted
- **¾ cup** plain unsweetened coconut or nut milk yogurt
- **1-½ tsp** teaspoons monk fruit extract
- **½ tsp** real vanilla extract
- **4 tsp** cacao nibs

Melt chocolate over a double boiler on medium heat. Let cool for 3 minutes.

Combine the avocado, cultured coconut milk, and monk fruit extract in a medium bowl. Beat with an electric mixer on the highest setting until well combined. Add the melted chocolate and beat it in until the mixture is light and fluffy.

How about a rich chocolate mousse for dessert without any dairy or blood sugar spikes? Sound too good to be true? The next time you have a chocolate craving or need a five-star end to your meal, reach for this amazing recipe with avocados and dark chocolate, proven stress fighters.

Divide among four bowls and refrigerate for at least 20 minutes. Just before serving, sprinkle with the cacao nibs.

# TRIPLE CHOCOLATE BLUEBERRY OVERNIGHT OATS



## { MAKES 1 SERVING }

- **1 scoop JJ Virgin Chocolate All-In-One Protein Shake** powder (your choice of Paleo or Plant-Based protein)
- **2/3 cup** unsweetened almond or coconut milk
- **1/3 cup** plain unsweetened nut milk yogurt (or full-fat Greek yogurt if not dairy intolerant)
- **1/2 cup** gluten-free rolled oats (not quick cook)
- **1/4 cup** fresh blueberries (not frozen)
- **1 tbsp** chia seeds
- **1 tbsp** raw cacao nibs
- **1 tsp** raw cacao powder
- **1/2 tsp** vanilla extract
- pinch sea salt

Three kinds of chocolate and berries come together in this quick, convenient overnight oats recipe. It's a rich, gluten-free breakfast full of protein, fiber, and vitamins! The stress-fighting power of dark chocolate is just another reason to love this recipe...

In a medium-sized mixing bowl, whisk together the protein shake powder, almond or coconut milk, and yogurt until thoroughly mixed and smooth. Stir in the remaining ingredients until well-combined.

Spoon into a one-pint jar with a tight-fitting lid. Close and refrigerate for at least 6 hours, preferably overnight before eating.



# CHOCOLATE CHERRY CHIA PROTEIN SHAKE



## { MAKES 1 SERVING }

- **2 scoops JJ Virgin Chocolate All-In-One Protein Shake** powder (your choice of Paleo or Plant-Based protein)
- **1 cup** frozen organic unsweetened dark cherries
- **1 Tbsp** chia seeds
- **1 Tbsp** cacao nibs
- **10 oz.** unsweetened vanilla coconut or vanilla almond milk

This tasty recipe includes chia seeds and dark chocolate, two superfoods that provide filling, heart-healthy fiber, fat-burning protein, and stress-busting flavanols. Combine them with the immune-boosting power of cherries, and you've got the perfect meal.

Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding more cold water. So good!



## Got 8 Minutes?

### How to Build a Stress-Busting Workout

# BURST TRAINING

Exercise is one of the best ways to stay healthy, and that includes your mental and emotional health.

**Burst training** – i.e. high-intensity interval training – helps lower stress hormones that make you feel tense and interfere with sleep. In fact, regular exercise has been proven to help with both anxiety and depression.<sup>1,2</sup>

### Why Burst Training?

If you're used to spending long hours on the treadmill or bike, get ready to change your idea of working out!

Long, steady endurance cardio is officially out the window. In fact, that slow plodding away on the elliptical machine or stair-climber may actually be making you lose muscle, store fat, and feel moody and hungry.<sup>3</sup>

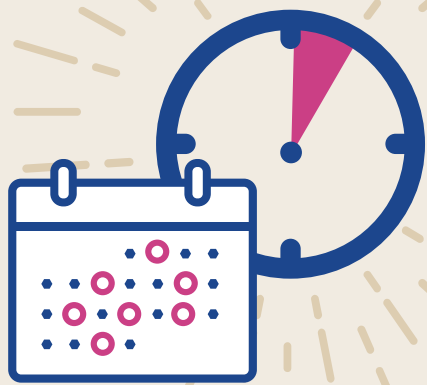
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## BURST TRAIN FOR JUST 8 MINUTES A DAY, 2-3 TIMES A WEEK TO:

BETTER HANDLE STRESS (BURSTING  
LOWERS YOUR STRESS HORMONES.)

BOOST YOUR METABOLISM (YOUR BODY  
KEEPS WORKING LONG AFTER YOU  
FINISH BURSTING.)

BURN AWAY FAT (YOU WON'T BELIEVE  
HOW FAST IT MELTS AWAY!)

BOOST YOUR GROWTH HORMONE  
(BURSTING HELPS BUILD MUSCLE.)

BURST TRAINING IS FUN, FAST, AND CAN  
BE DONE ANYWHERE, FROM HOTEL  
STAIRWAYS TO YOUR BACKYARD.

The main reason people give for not working out regularly is not having the time. That excuse is officially off limits with this type of training because you can do an entire workout in 10 minutes, counting a minute before and after for warmup and cooldown!

# HOW TO BURST TRAIN

HERE'S THE QUICK, SIMPLE STEPS TO PUTTING  
TOGETHER A BURST TRAINING SESSION:

## 1 Pick a fun activity that gets your heart pumping.

The options are really endless here: running up and down the stairs, using an Xiser, jumping air rope, sprinting in the swimming pool, dancing, burpees... Almost anything works!

## 2 Go at your own pace.

The idea with burst training is to do your chosen activity in bursts of 30-60 seconds as hard and fast as you can.

If you can race up and down a neighborhood hill, then go for it! If just walking slowly up and down the steps is a major challenge, then that's fine, too. Maybe going from sitting to standing is taxing – as long as you're working hard, the level of activity isn't the point. The beauty of interval training is that it meets you where you are.

## 3 Burst, then recover.

Do your chosen activity for 30-60 seconds as fast and hard as you can. You should feel the burn!

Then actively recover for twice as long. "Actively recovering" means doing the same activity, but at a slower pace so your muscles can recover. If you were sprinting, then active recovery would be walking briskly. Jumping as high and as fast as you can for 30 seconds? Actively recover by quickly marching in place for one minute.

## 4 Four bursts and done.

That's right: four bursts of 30-60 seconds, four sets of active recovery that are twice as long, and you're finished. Your interval training sessions should never be longer than 12 minutes, plus warmup and cooldown time!

# Example Burst Workout

**This is just one example of a possible burst training session – it lasts 9 minutes, plus warmup and cooldown time.**

Remember to tailor your activity choices to your own fitness level. And don't get bored! Change out your burst training activities often to keep things fun and interesting.

I start by warming up for 3 minutes – typically I walk for 2 minutes, then run for 1. The idea is to get the blood flowing in your muscles so they are warm and ready for the burst training to come.



Again, choose a warm-up that fits your needs. And if you've already been on your feet and active before your workout, you can shorten your warmup time to 1-2 minutes.

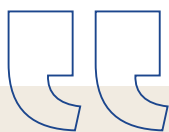
**THEN...**

- SPRINT FOR 30 SECONDS.
- WALK FOR 1 MINUTE.
- RUN UP THE STAIRS OR UPHILL FOR 1 MINUTE.
- WALK DOWN THE STAIRS OR DOWNHILL FOR 2 MINUTES.
- TAKE THE STAIRS UP TWO AT A TIME FOR 1 MINUTE.
- WALK THE STAIRS DOWN FOR 2 MINUTES.
- SPRINT FOR 30 SECONDS.
- WALK FOR 1 MINUTE.
- COOL DOWN FOR 1-3 MINUTES BY WALKING OR DOING ANOTHER SLOW, STEADY ACTIVITY.

**For every burst, push yourself as hard as you can. You should be feeling it by the end of every 30-60 seconds of bursting.**

**If you feel like you could have gone longer than 60 seconds with your bursting activity, pick a harder one or go faster.**

**Once you're in great shape, you can go up to six bursts and active recovery periods, but never more than that.**



You'll be amazed at how quickly you see results from burst training!

**No more making time for long aerobics classes that never really trim inches or help your stress. Instead, take a few minutes to burn fat, build energy, and decrease your risk of disease with burst training.**





# Workout Fast. No Gym Required.

Get started today with  
immediate online access  
to the complete program  
and watch your energy  
levels a skyrocket!

— JJVIRGIN —  
**FAST  
FITNESS**  
ONLINE PROGRAM

25 VIDEOS • TRACKERS • SCHEDULES • SUPPORT

**GET STARTED NOW**





A close-up photograph of a white ceramic cup filled with a brown liquid, likely tea. A silver spoon with an ornate, floral design is resting in the cup. The cup is decorated with a purple and gold pattern. In the foreground, there are several sprigs of dried lavender flowers. The background is a dark, textured surface.

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