



JJ VIRGIN

Celebrity Nutrition & Fitness Expert

About JJ

Triple-board certified nutrition expert and Fitness Hall of Famer JJ Virgin is a passionate advocate of eating and exercising smarter. JJ helps people stay fired up and healthy as they age, so they feel the best they ever have at age 40+.

JJ has launched over 10 businesses and is a 3-time Inc 5000 Founder. Current endeavors include Founder of The Mindshare Collaborative, the most influential professional community in health. She is known for coaching some of the biggest names in the health field to help them develop their brands. She also founded her successful personal brand as well as co-founding The Unicorn Club, a group of female founders and leaders.

JJ is a prominent TV and media personality, whose previous features include co-host of TLC's *Freaky Eaters*, 2 years as the on-camera nutritionist for Weight Loss Challenges on Dr. Phil, and numerous appearances on PBS, *Dr. Oz*, *Rachael Ray*, *Access Hollywood*, and the *TODAY Show*. She also speaks regularly and has shared the stage with notables including Tony Robbins, Seth Godin, Lisa Nichols, Gary Vaynerchuk, Dr. Mark Hyman, Dan Buettner, and Mary Morrissey.

JJ is the author of four NY Times bestsellers: *The Virgin Diet*, *The Virgin Diet Cookbook*, *JJ Virgin's Sugar Impact Diet*, and *JJ Virgin's Sugar Impact Diet Cookbook*. Her latest book, *Warrior Mom: 7 Secrets to Bold, Brave Resilience*, shows caregivers everywhere how to be strong, positive leaders for their families, while exploring the inspirational lessons JJ learned as she fought for her own son's life.

JJ also hosts two popular podcasts, Mindcast for health experts and entrepreneurs and the *Ask the Health Expert* daily show for consumers, with over 14 million downloads and growing. Her most important role is as mom of two budding entrepreneurial young men.



Featured In



Dr. Phil



People

THE **Doctors**

RACHAEL RAY®



ACCESS
HOLLYWOOD 

Audiences



Most Powerful Women
in Network Marketing

Audience size: 10,000

TONY ROBBINS

Tony Robbins' Life and
Wealth Mastery

Audience size: 10,000



California Women's Conference

Audience size: 10,000



TONY ROBBINS

Power of Success with
TD Jakes & Tony Robbins

Audience size: 5,000



Archangel
Summit with
Seth Godin

Audience size: 2,000



Speaking Topics

JJ is seasoned keynote speaker and podcast guest discussing a variety of topics to both entrepreneurs and health-minded communities. Her signature talks include:

- **Drop 7 Foods, Feel Better Fast**

What's next when you're doing everything right, but none of it works? JJ explains why "healthy" foods may be the very ones holding your health hostage – creating weight loss resistance, accelerating aging, and making you crave the same foods that are hurting you.

- **The Truth About Sugar**

Sugar is America's drug of choice, yet most of the time, we don't even know it's there! It lurks like a landmine in health foods, diet foods, and more. JJ explains how to find and eliminate hidden sugars that cause struggles with weight, energy, and chronic illness.

- **High-Performance Hacks**

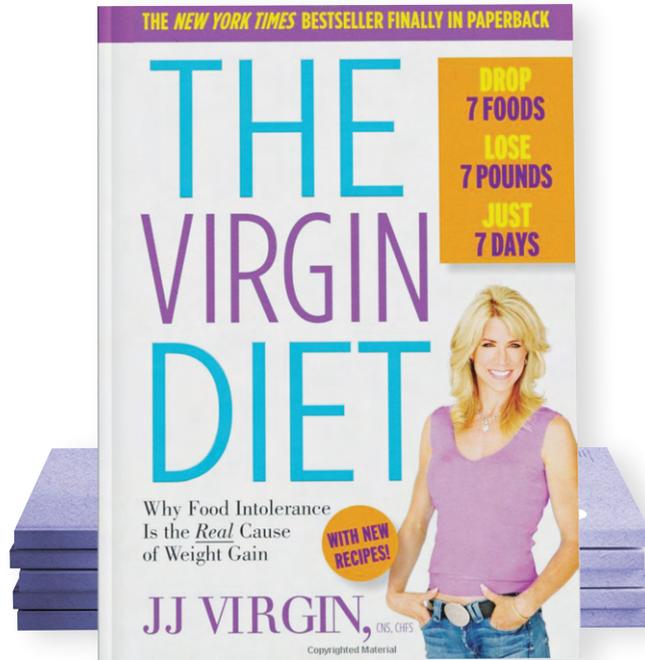
After almost losing her son in a devastating hit-and-run, JJ spent many long months working to bring him back. And she could only step up because maintaining her own health and strength had been a lifelong priority. JJ shares her inspiring story, plus the tools and simple routines that can help you maintain high performance in the face of any challenge.

- **You: The Brand**

Learn how to launch an expert brand that you're proud of, that your audience loves, and that can open new opportunities for you. In this talk, you'll discover the blueprint method for monetizing your health and wellness brand the right way, gain total clarity over who you will serve and what people will buy, and successfully position yourself in a crowded market.

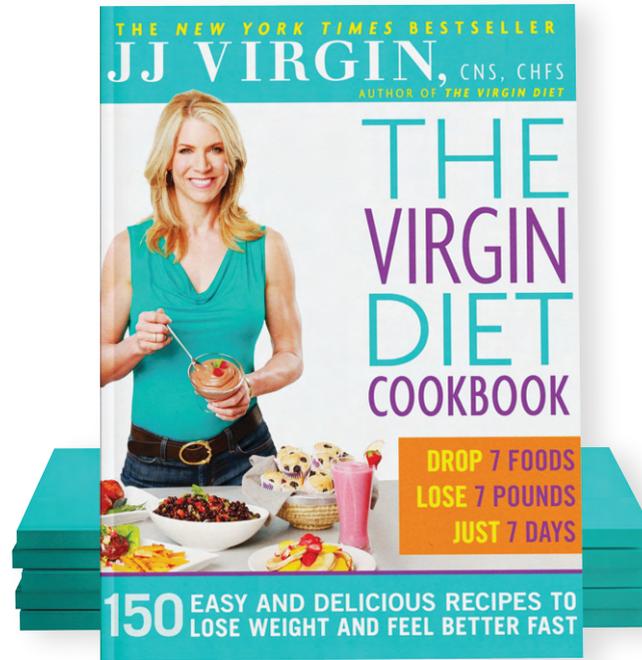


Books



The Virgin Diet

Drop 7 Foods, Lose 7 pounds, Just 7 Days



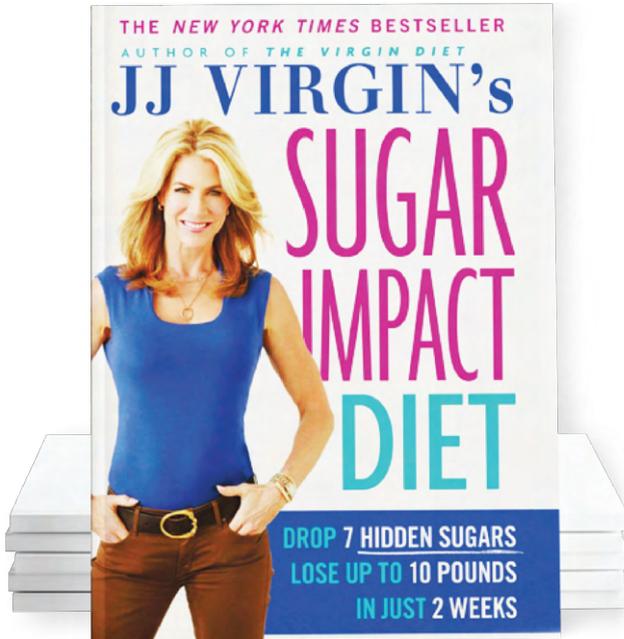
The Virgin Diet Cookbook

150 Easy and Delicious Recipes to Lose Weight and Feel Better Fast

“Eliminates the ‘healthy’ foods that are actually holding your health hostage, so you can lose weight quickly and permanently.”

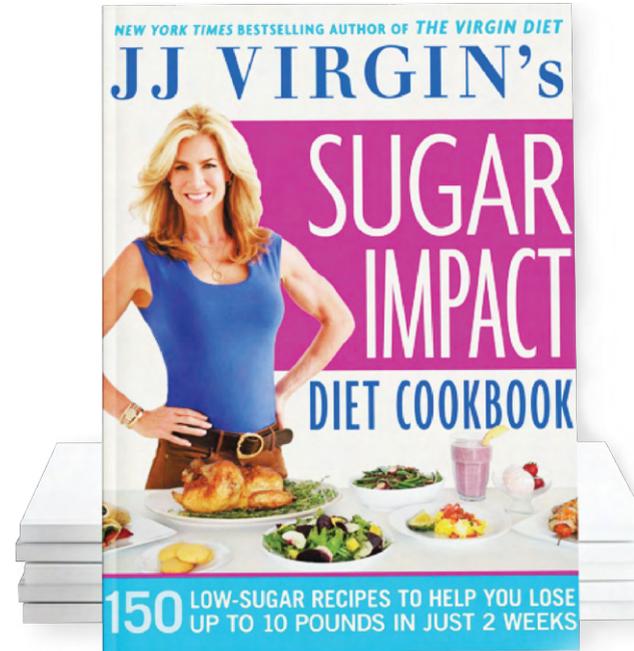
- Mark Hyman, MD, #1 NYT-bestselling author of *The Blood Sugar Solution*

Books



JJ Virgin's Sugar Impact Diet

Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks



JJ Virgin's Sugar Impact Diet Cookbook

150 Low-Sugar Recipes to Help You Lose Up to 10 Pounds in Just 2 Weeks

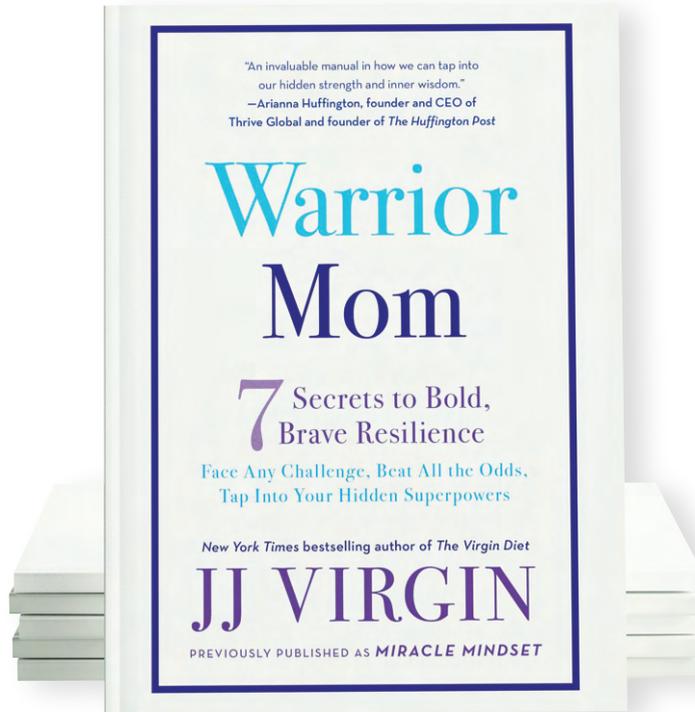


A radical and empowering new way to look at sugar.



- David Perlmutter, MD, FACN,
#1 NYT-bestselling author of *Grain Brain*

Books



Warrior Mom

7 Secrets to Bold, Brave Resilience

“

In a time when so much of what we see and read can be discouraging, JJ Virgin is a reminder of the very best we human beings have to offer: honesty, strength, and the willingness to step up and fight for the people we love.

”

- Amy Myers, MD, NYT-bestselling author of *The Thyroid Connection* and *The Autoimmune Solution*

Brands

Reignite Wellness

Our Mission

Reignite Wellness provides the highest-quality lab-tested and intelligently sourced supplements available in today's consumer market. We offer shakes, bars, supplements and more to help you transform your health.



Book JJ

Email Inquiries:

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www.jjvirgin.com

