

JJ VIRGIN CNS, CHFS

BIRTHPLACE

San Francisco, California

EDUCATION

University of California, Los Angeles, 1985

BA English w/ Business Emphasis, coursework included nutrition, psychology, communications, marketing, and kinesiology

California State University, Northridge, 1993

Graduate studies in Biomechanics, Exercise Physiology, Sports Psychology

University of Miami, 1991

Graduate studies in Sports Medicine including Gross Anatomy

University of Southern California, 1993

Doctoral Studies in Exercise Physiology, Nutrition and Aging

American Health Sciences University

Graduate studies in Nutrition

University of Bridgeport, 2000

Graduate studies in Nutrition

American Academy of Nutrition, 2000

Nutrition pre-requisite studies

Clayton College of Natural Health, 2006

Non-traditional PhD completed Spring 2006

PhD Studies in Holistic Nutrition

University of Southern Florida School of Medicine 2010

Completing M.S. in Medical Sciences with a Concentration in Metabolic and Nutritional Medicine

Ongoing education via specialized seminars/conferences in various topics in the medical and health fields

CERTIFICATION

Certified Nutrition Specialist, Board of Certification for Nutrition Specialists

Board Certified in Holistic Nutrition®, Holistic Nutrition Credentialing Board

Certified Exercise Physiologist, American College of Sports Medicine

Certified Post Rehab Conditioning Specialist, American Academy of Health & Fitness Professionals

AFFILIATIONS

MENSA

UCLA Alumni Society

American College of Nutrition

American Nutraceuticals Association

American College of Sports Medicine

National Association of Nutrition Professionals, 2009 President

MEDIA APPEARANCES

Co-star, TLC Freaky Eaters

Nutritionist, Dr. Phil Ultimate Weight Loss Challenge, Extreme Makeover, Fat Chef

Expert, NBC iVillage live!, ABC News, Fox News, aolTV.com, The Doctors, The Today Show, Access Hollywood,

The Rachael Ray Show, Dr. Oz, Hallmark Home & Family, Inside Edition, The Bonnie Hunt Show Numerous

appearances on national TV and radio, newspapers and magazines, public and professional speaking engagements

PUBLICATIONS

Author, Miracle Mindset; A Mother, Her Son, and Life's Hardest Lessons, North Star Way 2017

Author, NY Times Bestseller JJ Virgin's Sugar Impact Diet Cookbook, Grand Central May 2015

Author, NY Times Bestseller JJ Virgin's Sugar Impact Diet, Grand Central 2014

Author, NY Times Bestseller, The Virgin Diet Cookbook, Grand Central 2014

Author, NY Times Bestseller, The Virgin Diet, Harlequin 2012

Author, Six Weeks to Sleeveless & Sexy, Simon Schuster Gallery 2010

Contributor, Dr. Phil's Magazine: The Next Level, BeMore online magazine, Huffington Post, TV Guide, Shape, OK!

Star, Prevention, Cosmopolitan, LA Weekly, Women's World