

JJ Virgin, CNS, CHFS

“Your body is not a bank account. It’s a chemistry lab.”

— JJ Virgin

Celebrity nutrition and fitness expert JJ Virgin teaches clients how to lose weight and master their mindset so they can lead bigger, better lives. JJ is the author of four *New York Times* bestsellers: *The Virgin Diet*, *The Virgin Diet Cookbook*, *JJ Virgin’s Sugar Impact Diet*, and *JJ Virgin’s Sugar Impact Diet Cookbook*. Her memoir *Miracle Mindset: A Mother, Her Son, & Life’s Hardest Lessons* explores the powerful lessons in strength and positivity that she learned after her son Grant was the victim of a brutal hit-and-run accident.

Counting calories and hours on the treadmill will never achieve the lasting results that help you look and feel your best. That’s why JJ specializes in weight loss resistance related to food intolerances and sugar addiction. She has helped hundreds of thousands of people finally lose the weight and feel better fast with her groundbreaking diet and mindset programs. She shows people how to eliminate weight gain, fatigue, and pain related to food intolerances, as well as shift from being sugar burners to fat burners. She also teaches how to build a strong, positive mindset so that your health and life goals are always within reach.

JJ is a prominent TV and print media personality, including co-starring on TLC’s *Freaky Eaters*. JJ regularly speaks at major integrative medical and consumer conferences, having shared the stage with Jack Canfield, Suzanne Somers, John Gray, Dr. Daniel Amen, and Brendon Burchard. She appears regularly in the media, including PBS, *Dr. Oz*, *Rachael Ray*, the *TODAY Show*, *Dr. Phil*, and *Access Hollywood*. JJ hosts the popular *JJ Virgin Lifestyle Show* podcast and regularly writes for *Huffington Post*, *Rodale Wellness*, and other major blogs and magazines.

JJ has provided nutrition and training programs for a wide variety of famous faces, including CEOs, athletes, and celebrities like Gene Simmons, Ben Stiller, Taj George, Jeanne Tripplehorn, Nicole Eggert, Tracie Thoms, and “Superman” Brandon Routh.

JJ is a board-certified Nutrition Specialist, board-certified in Holistic Nutrition, and a Certified Nutrition and Fitness Specialist. She has completed over 40 graduate and doctoral courses and continues to learn every day to keep her audience up-to-date on the latest science. JJ is also a business coach and founded the premier health entrepreneur event and community, The Mindshare Summit.

Find articles, recipes, helpful online programs, and more at www.jjvirgin.com.