

JJ VIRGIN

JJ Virgin, CNS, BCHN, EP-C

Founder & CEO, Mindshare Summit and JJ Virgin & Associates

“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 eliminate food and carb intolerances so they can transform their health and their lives. As co-host of TLC’s *Freaky Eaters* and health expert on *Dr. Phil*, JJ is a prominent TV and media personality, including appearances on *PBS*, *Dr. Oz*, *Rachael Ray*, *Access Hollywood*, and the *TODAY Show*. 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, *Miracle Mindset*, shows warrior moms 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 hosts the popular *JJ Virgin Lifestyle Show* podcast and regularly writes for *Huffington Post*, *Rodale Wellness*, *Mind Body Green* and other major blogs and magazines. In addition to her work with nutrition and fitness, 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.