

The Virgin Diet™ Testimonials

“After losing 100 pounds on The Virgin Diet, I discovered that most of the "healthy" foods I had been eating at every single meal for decades were killing me from the inside out. So grateful to no longer be exhausted and stuffed into an airline seat!”

– Bryn Johnson

“You can imagine my surprise when I learned that a food I loved, and that I thought was keeping me skinny, was making me bloated, tired and irritable! Who knew? I was shocked when after doing some of the tests JJ recommended I discovered my “diet food” was making me feel terrible and bloated. I love feeling wonderful, energetic and focused! Thank you JJ! You transformed my life forever!”

- Lisa Sasevich
The Invisible Close

“For the longest time I accepted that my tummy excess was due to having children and gaining 115 pounds combined for my pregnancies. But once I eliminated all of JJ's problem foods, for the first time since being a mom, I had a flat tummy! All that time I was bloated and didn't know it!”

- Kirin Christianson
redhautemama.com

“I was fortunate enough to meet JJ at a live event. I decided then and there that I would do the program. I remember saying to JJ “I think I look pretty good for 48 years old.” And she said 'Why not just look good, period?' I saw that I'd be settling for second best. I felt cleaner and clearer almost immediately, within a couple of days. That helped me keep going. The weight loss was fast! I love how fast it fell off. I thought it would take much longer to get results. I've always felt like I had a reasonably flat stomach, but I didn't realize how much effort I was expending 'holding it in' all the time. Now it's just flat, with no effort. I could see the ab muscles. This time it feels like I kept all the muscle, and just lost fat. I feel very fit, much more than I used to.”

– Pamela Bruner

“JJ had me start a weight lifting program 3 days a week and bursting on my X-iser 4 times a day for 1 minute (with weights in my hands) on the days I didn't lift weights. I did my best to eliminate dairy, gluten, and other foods I was sensitive to once I knew they were making me weight loss resistant. I start my day with a protein shake. I quit eating 3 hours before bedtime. I never went hungry. As of today (3 years later), I am a size 6, 128 lbs and happy with myself. I maintain this weight without even trying it seems. I know just what to do to take off these extra 5 lbs I put back on but I feel great at this weight and I do enjoy my wine. I will forever be grateful to JJ for dispelling all the weight loss myths and using science to show me the way to achieve great results. Doing things the JJ way has become a way of life for me.”

– Judy Macri

“Two years ago I was in a world of hurt, so much so that I could barely drag myself out of bed 4-5 days a week. I had major fibromyalgia symptoms, sky high blood pressure, mega sugar and salt cravings, migraines, skin issues, endless stomach distress and pain and debilitating fatigue and I was 70 lbs overweight. I knew my diet was too sugar and carb heavy but I had no idea about food sensitivities or how much that could affect my well-being. I consulted dozens of doctors, nutritionists and other mainstream health care experts and no one had a lasting solution. I was fortunate to find a great naturopath and the info I learned from JJ really clicked with what he taught me and even took it a step further. Her food recommendations and burst training tips were especially helpful. Today, I am 70 lbs lighter, normal BP (and no meds!), IBS is gone, skin’s clear, few headaches and almost no fibromyalgia symptoms. JJ Virgin is a genius and I can’t overstate how much her expertise has improved my life. I now HAVE a life again! Thank you JJ!”

– Deborah Genovesi