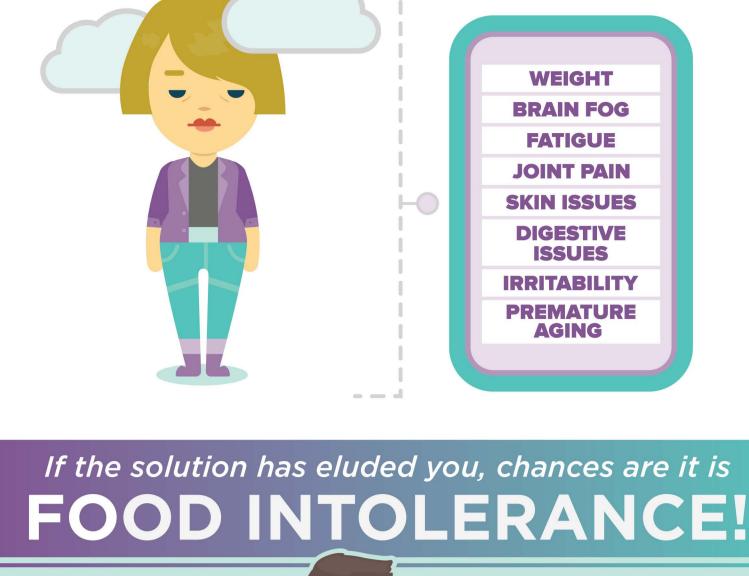


STUCK WITH SYMPTOMS YOU CAN'T SHAKE

Your At-A-Glance Guide To Fast Fat Loss



SIMPLE SOLUTION: COMPLEX SOLUTION: Remove the 7 HiFi Foods on the Virgin Diet

Find a functional medicine doctor and start testing NOW.













eggs



SOY

CYCLE 1 CYCLE 2 CYCLE 3

for reactions

take a pic 8 set your goal!

Remove all 7 HiFi Sustain Diet with Re-introduce the top 4 HiFi Foods foods for 21 days YOUR safe foods for 1 week checking and introduce





HOW CAN IT BE THAT EASY FOR SO MANY ISSUES?

sensitivities before adding APPROPRIATE exercise. You'll be surprised that some people OVERDO it and raise their cortisol (stress hormone) too high to lose weight! Efficient exercise is

key.

There is so much to learn and to

measure, that The Virgin Diet

waits until you've gauged food

exercise. Re-test annually

Gluten is in most grains.

so it shows up in bread, pasta, granola, couscous,

and hides in everything

from mustard to sauces

and dressings. Gluten

disrupts digestion by

damaging the microvilli of

the small intestine where

we absorb our nutrients.

which can mean you EAT

but don't feel NURTURED!

Up to 40% of the US

population is gluten-

sensitive.

HiFi #1: GLUTEN

migraines/

brain fog

immune

function

skin issues

sleep quality

HiFi #4: SOY

Touted as a miracle food,

soy is NOT the superfood

it's makers would have

you believe! It disrupts

your hormones, is bad for

your thyroid, most of it is

genetically modified and it is heavily processed.

Even if you're avoiding it,

you might be exposed by way of meat and eggs

since GMO soy and corn

are commonly used as

feed.



proven to cause weight

gain, and it is easy to see

why testing your reaction

is a MUST.

HiFi #2: DAIRY

bones, nails & hair

allergies/ear/

sinus

energy/mood

weight gain

digestive

struggles

on fat.

joint pain

HiFi #5: CORN

Corn, which is a grain not

a vegetable, is a

rary depression, insomnia,

eczema, fatigue, joint

pain, night sweats and

even dark circles under

the eyes. This genetically

pro-inflammatory and high-sugar impact food that has been known to cause rashes, hives, migraines, joint pain, mood disorders, tempo-

Sugar is public enemy number one! It is the most addictive and silently destructive drug yet totally social acceptable to consume in copious amounts every day. It feeds yeast and bad bacteria that wreak havoc on everything from digestion energy levels. Read Sugar Impact Diet to get the full story.

Your body is unique in its genetic make up and life experience, so while your challenge might show up as weight gain, your best friend's might show up as acne or rosacea and your mom's might show up as joint pain. Your body will solve problems in the fastest, easiest way! Most often the easiest way is to pack

> list goes on. For many this "perfect protein" is far from perfect!

Is the high intolerance to

eggs from eggs them-

selves or the fact that

nearly all chickens are fed

genetically modified corn

and soy. Regardless, test

after test eggs have been

the culprit behind excess

inflammation, weight gain,

brain fog, digestive strug-

gles, skin issues and the

HiFi #3: EGGS

bloating/gas

hormones/drive

inflammation

adrenal fatigue

modified food is the

sneakiest of the 7! Beware!

to skin to mood and FOOD SO DELICIOUS, YOU'LL NEVER GO BACK! SWAPS: Lateral Shifts to MORE DELICIOUS & Nutrient-Dense Foods leaves you feeling satisfied longer.

gluten

Zucchini Pasta

corn

Kale Chips

which as its name implies is a toxin. Also, peanut oil may be atherogenic, meaning it causes arterial plaque to form. The good news is there are tastier nuts and nut butters that have a far superior fatty acid profile, so it is easier to make the healthy switch for life.

HiFi #6: PEANUTS

Peanuts have the highest

allergenicity and tend to

carry aflatoxin mold,

A food lover herself, JJ never leaves a gap in your diet where she's asking you to remove foods! She has created "swaps" for every thing you might miss and gives you even tastier options that are better for you. Swaps tend to be more vitamin and nutrient packed and fulfilling your body's nutritional needs

SOY

JJ's Bars

eggs

JJ's Morning Shake

dairy

JJ's Milk Shake





low impact

carbs

they'll NEVER go back. clean lean healthy proteins fats

That is a detour you will avoid by enjoying only delicious foods.

People have shared that they'v never eaten so well and that



at www.jjvirgin.com. Consult your primary health care provider with any related questions concerning your personal

publication. Neither JJ Virgin nor JJVA render medical advice. This infographic offers health, fitness, and nutritional

information and is designed for educational purposes only.

nutrition and fitness needs. JJ Virgin and JJVA assume no responsibility for errors or omissions that may appear in this