

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 is a bestselling author, public speaker and media personality. Her 25 years in the health and fitness industry, the past 10 in holistic nutrition and functional medicine, have earned JJ recognition as the go-to weight-loss resistance expert who can unlock the door to fast and lasting fat loss by removing hidden food allergies and food sensitivities from the diet. She couples her diet advice with burst training to repeatedly get the results no one else can. JJ is the author of *Six Weeks to Sleeveless and Sexy* (Simon & Schuster Gallery) and was recently the co-star of the TLC reality series *Freaky Eaters*. Her next book, *The Virgin Diet*, will be published by Harlequin Nonfiction in December 2012.

She has worked with performance athletes, CEOs, and A-list celebrities from around the world, including Gene Simmons, Ben Stiller, Jeanne Tripplehorn, Tracie Thoms, Janeane Garofalo, Joshua Rexford, Stephen Bishop, Benny Mardones, and *Superman Returns* star Brandon Routh. JJ appeared for two years as the nutrition expert on the top-rated *Dr. Phil* show and regularly appears in all major media channels including the *TODAY* show, *Access Hollywood*, *The Doctors*, *Women's World*, AOL's *You've*

Got..., *New York Post*, *Washington Post*, *Reader's Digest*, *Fitness*, *Shape*, *The Huffington Post* blog and NPR. She is the nutrition and fitness expert for Discovery Fit & Health's *Transformation Diaries*.

JJ is a member of Mensa, a UCLA graduate and chronic student; she has taken 40 graduate courses (and counting) from 6 different graduate and doctoral schools including Biomechanics from California State University Northridge, Sports Medicine from University of Miami, doctoral level courses in Exercise Physiology, Nutrition and Aging from USC, and Nutrition studies from University of Bridgeport. JJ continually updates her education by attending and speaking at the major integrative medicine conferences each year. JJ is the Nutritional Consultant and Advisor for MyMedicalRecords.com, a publically traded personal health record company, and consultant for Alacer Corp, Pathway Genomics and Thorne Research, Inc.

JJ's credentials include:

- ➔ Board Certified Nutrition Specialist with the American College of Nutrition
- ➔ Board Certified in Holistic Nutrition



- ➔ Certified by the American College of Sports Medicine as a Health Fitness Specialist with enhanced qualifications in nutrition, advanced personal training and exercise for the older adult
- ➔ Certified Nutritional Counselor with the American Association of Nutritional Consultants
- ➔ Past President of the National Association of Nutrition Professionals
- ➔ Member of the American Nutraceutical Association
- ➔ Adjunct Professor of Bauman College

Learn more about the author's work at www.thevirgindiet.com