

Short Bio / Headshot



high res headshot at www.jjvirgin.com/media/

JJ Virgin, CNS, CHFS

Celebrity Nutrition & Fitness Expert JJ Virgin helps clients lose weight fast by breaking free from food intolerances and crush their sugar cravings. She is author of 3 New York Times Bestsellers; *The Sugar Impact Diet: Drop 7 Hidden Sugars, Lose up to 10 Pounds, Just 2 Weeks*, *The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days*, and *The Virgin Diet Cookbook: 150 Easy and Delicious Recipes to Lose Weight and Feel Better Fast*. JJ is also a frequent blogger at Huffington Post, Mind Body Green, and other outlets as well as a popular guest on TV, radio, and in magazines. Learn more at www.jjvirgin.com.