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author of JJ Virgin's Sugar Impact Diet: Drop 7 to Lose Up to 15 Pounds in 21 Days 926 of The Livin La Vida Low-Carb Show. AUDIO

The virgin diet: drop 7 foods lose 7 pounds just 7

Fitness and nutrition expert/celebrity coach and author (Six Weeks to Sleeveless and Sexy) Virgin makes some stunning claims in her latest book, among them that with

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The Virgin Diet is a New York Times bestseller that is helping JJ fulfill her mission to help 1 million people lose weight in 2013. The Virgin Diet is changing lives

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