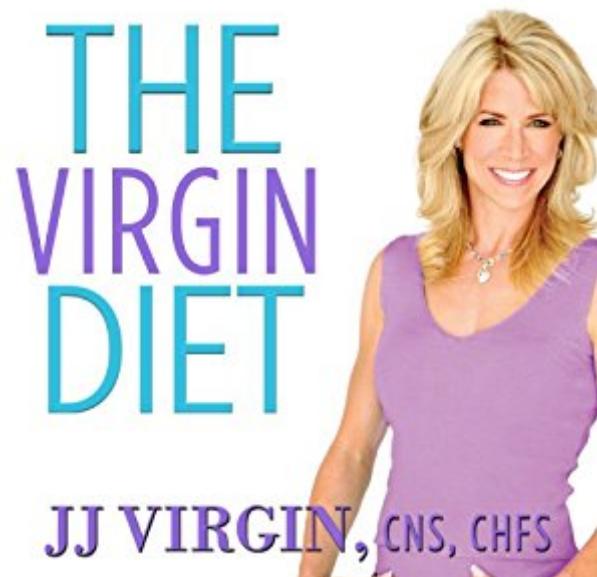


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# The Virgin Diet: Drop 7 Foods, Lose 7 Pounds, Just 7 Days



## Synopsis

The key to weight loss isn't calories. It isn't fat. It isn't protein. It isn't even carbs. You can count them, cut them, and swap them all you want, but you won't lose weight if you're eating foods that your body can't tolerate. And the most common diet foods - like egg whites, wheat bread, and fat-free yogurt - are some of the worst offenders. These "healthy" foods are actually making you fat! In this book, celebrity nutritionist and fitness expert J. J. Virgin pinpoints the 10 foods that sabotage weight loss. Just by eliminating these 10 diet saboteurs, listeners will see incredible results: Their fat will melt away, their metabolism will get a healthy boost, their energy levels will skyrocket, and they will start to look (and feel!) younger. As Virgin explains, the body is a chemistry lab, not a calculator. These 10 foods cause inflammation in the body, slowing the metabolism, creating mood swings and cravings and causing premature aging - not to mention a host of beauty problems. In addition to eliminating the 10 foods, listeners will eat plenty of Virgin's 50 powerful healing and anti-inflammatory foods for 21 days, ridding the body of inflammation and hitting the diet reset button. After the simple 21-day program, listeners can try incorporating gluten, dairy, and eggs back into their diet and testing for inflammation. Virgin's clients see incredible results with the program, including: Weight loss - at least 10 pounds in 21 days Flat tummy Younger-looking, clearer skin Healthier hair Improved energy Better sleep and a clearer mind Fewer mood swings and cravings This book is for listeners who are tired of counting calories without seeing results, or who find it impossible to lose weight, no matter how many calories they count or carbs they cut, and listeners who struggle with any type of inflammation.

## Book Information

Audible Audio Edition

Listening Length: 7 hours and 15 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: November 27, 2012

Language: English

ASIN: B00ADXRW7I

Best Sellers Rank: #141 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #619 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #1122 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

As many readers are aware, the food intolerance and elimination diet ideas have been around for a very long time. This book is a decent synthesis of that tradition, but the author's many statements of certainty leave me cold. I am a physiologist working in the field of adult metabolic dysfunction, and I agree with her that diet is the cause of pretty much all the ills we experience. I read and generally follow the authors that she lists in her recommended reading as well as seriously read the medical literature, personally eat aligned with Weston Price, and think the GAPS diet is superior for healing a leaky gut. I do agree that there is mounting evidence that leaky gut is at the root of many autoimmune problems, and I define autoimmune in a very general way that includes anything that causes inflammation (that is to say, much more general than establishment medicine uses the terms for a limited set of specific illnesses). But, in my opinion, she kind of mashes up a number of suspected metabolic derangements into the "IT!!" of food intolerance in order to sell her newest best thing, which oversimplifies the issue and sets people up to think that their weight and their cravings are all about their exposure to food antigens. To begin, of course people are going to lose weight when they clean up their diets, and how much of her claimed results are the result of folks giving this 3-week protocol a whirl and eating a clean and portion-controlled diet? Secondly, many of the foods on her list are well-known players in the insulin problem. How do we know that her results are not actually related to positive impacts on insulin and the resulting decrease in inflammation and cravings that accompany better regulation of it? She does talk about insulin effects, but again, it's sort of mashed in there with her primary goal of making everything about FI. So, for example, while I agree with her that gluten is a huge problem for a lot of people, many folks will switch to non-gluten foods like high quality oats or rice, and still not be able to lose weight because those foods still cause a problematic insulin response for them. She also claims that cravings are about circulating IgG immune complexes on the hunt for their partner food particle (an idea I could find zero evidence for in the scientific literature), whereas in our work with disordered eating patients we found cravings and bingeing were related to not eating a breakfast that included protein, and suggest that it's actually more of a blood sugar issue. In fact, the Sweetness Trap chapter is mostly about sugar's effect on insulin drive and blood sugar. A food can be extremely problematic hormonally and have little or no impact on your immune system's response to it (which is what defines a food intolerance). There's also that whole IgG thing; lots of blow back in the medical literature about what IgG really indicates and if it's bad or protective, and also significant discussion about the lack of sensitivity and validity of the IgG tests that are on the market. I had an IgG panel done and it did not flag foods that I have definite problems with. Clinicians who use the test (mostly naturopaths) have

reported similar problems with it. She touts the test with certainty on her PBS show as a certain way to find out if you have a food intolerance to something, and knows that she's got a problem with eggs because she had the test. Finally, I have problems with the whole dairy thing. Firstly, I think we need to really describe two separate types of dairy foods: pastured and raw vs. pasturized. These are really two different food groups. She does a whole chapter on how problematic dairy is, and then in fact makes the statement that pastured and raw dairy are something else entirely, and invites her readers to check that food out. Pastured dairy is becoming more easy to find (heck, you can find Kerrygold Irish butter and cheese in most supermarkets in the NYC area). I'm lucky in that I live across the river from PA where raw pastured dairy is a legally sold staple. However, if you have lactose intolerance, you'll know it and no amount of pastured or organic or raw will help you probably. But if you don't, then pastured and raw dairy may be a great food for you. Some animal studies have found a relationship between the milk protein casein and cancer incidence, and there is human study evidence to show autoimmune reaction to casein in Type 1 diabetics with celiac disease - which is a very specific and limited case, but my personal opinion is that this is an area of knowledge in human nutrition still to be figured out. I believe our diets should be as diverse and nutrition dense as possible, and eliminating so many foods can be a nightmare. If you have autoimmune symptoms, then eliminate it for a couple of weeks and see what happens. If not, or if eliminating it doesn't clear up your health problems, then raw dairy can be a great source of nutrition. There are folks in the paleo community (for example, Robb Wolf and his mentor Loren Cordain and now Terry Wahls, MD of the Wahls Protocol) who are extremely respected and who believe that dairy is a no-no. They base their opinions on a few studies that concluded that while dairy does not have a big impact on your blood sugar, it still causes a rise in your insulin. This is one of the points that JJ Virgin makes in her chapter on dairy, which would be based on these studies. I read all of those studies, and I have problems with them. For example, the yogurt food used in the study most cited, which increased insulin very significantly, was actually yogurt with a fruit preserve in it. Whey increased insulin, even in a "combination" meal, but that combination was with white bread. How much would whey protein impact your insulin response if it was combined in a shake with a couple of tablespoons of coconut oil? That result would likely be much different. I am most miffed in that chapter, however, by her blatant misuse of the scientific literature in her statement that dairy makes you fat. She makes that statement as a bold section heading on page 96, and supports that statement with a study that didn't find that at all!!! (Barr, 2003). That review found that in 9 studies that looked at \*increasing\* dairy (not just eating dairy, but increasing it), 7 found no difference in weight to controls and 2 found an increase in weight in an elderly population for which

they could not "accurately determine the extent of dietary compensation for the increment in energy intake provided by the added dairy products

My husband and I began our JJ Virgin journey at the beginning of June. He has lost a total of 20 lbs., and I 10. My diet was a bit healthier to begin with. First... I would not call this a diet, although you sure do lose weight, but we like to think of it as clean eating. That's exactly what it is. Our energy levels have gone through the roof. The foods we are now eating taste amazing, and after the first week, have not craved any of the foods that are not good for the body. I do spend more time in the store reading labels, always amazed at what is in the foods we thought were good for us. Also spend more time in the kitchen, but will say he now helps plan meals, shop (he reads EVERY label), cook and clean up too!! We are on the final phase of reintroduction of foods and can tell you this will be our way of eating from now on. So happy we tried this.

I was desperate to find something that could help me live a healthier life style. I noticed two friends had lost weight in a short amount of time so I asked what was their secret. "NO secret...it's the Virgin diet." I had never heard of it. I immediately downloaded it to my Kindle and started the next day. By day 3, I was rather tired but I could already see a noticeable difference in the bloating and swelling or fluid retention. I found it very unusual that I did NOT have cravings as when I have tried other diets. At day 14 I could wear a pair of jeans that I couldn't when I started. I am approaching day 21 and have lost an amazing 14 lbs. Other benefits are I am sleeping much better and waking earlier feeling refreshed. I think this will definitely be a lifestyle change for me. Eating almonds for snack was energizing...I still have a lot to learn about it but am sticking with it.

Last Easter 2014 I weighed 221. Today 1-2-15 I weigh 185.1. It all started with this book and J.J. Virgin's great chemistry experiment. I was not a really easy change, some effort was required, but well worth the first 21 days. What I learned about myself and how my body was reacting to everyday foods is invaluable. Not everything worked exactly for me, but 95% of it did. As J.J. explains "keep searching", till you find the answers. I firmly believe one size does not fit all, but this book is a great start. I will forever be grateful to Ms. Virgin. I wish I had had this information years ago. I know my life would have been different. Fat girls are not chosen for the team first. Thanks JJ.

For all of you who have tried all kinds of diets only to wind up disappointed, this is the book for you! I caught the end of JJ Virgin's PBS program and felt she was talking to me. I downloaded this book

and it has changed my life! At 5 ft 1, I knew I had to do something when I hit 180lbs. I am 17 days into the first 21 day phase, and I have already lost 20 lbs and I feel great!! This is about eliminating foods that cause your body to pack on the pounds and cause inflammation, among other problems. My cedar allergy is almost gone and my arthritis is not as bad as it used to be. Oh, I forgot to add that I haven't done any exercising and I can't wait to see how much more weight I lose when I get on my treadmill!! Get this book, follow the plan and you won't be sorry!

As a person who has suffered for more than 30 years from joint and bone pain and on multiple medications - which by themselves have caused terrible complications; JJs message about low grade food intolerance has completely changed my life. I lost almost 10 lbs the first seven days and continue to lose. A small slip with dairy and gluten and the symptoms came back with a vengeance. Years of doctors, hospitals, medications, pain and disability - even sessions with nutritionists and none of them ever suggested I might have food intolerances. I plan to continue to work her program and move toward a healthier lifestyle.

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