



## Jorge Cruise

Jorge Cruise is recognized as a #1 New York Times best-selling author, with more than eight million books in print. He is also one of America's leading celebrity fitness trainers, who has worked with Oprah Winfrey, Steve Harvey, Khloe Kardashian, Tyra Banks, Angelina Jolie, Jennifer Lopez, Miley Cyrus, President Clinton, Kelly Clarkson, Meredith Vieira, Katie Couric, Lucy Liu, Kyle Richards, Carmen Electra, Bethenny Frankel, Al Roker, Dianne Sawyer, Suzanne Somers, Countess Luann de Lesseps, and Eva Longoria.

Cruise had a very difficult start to life. He was raised by his Colombian-Catholic grandmother with oppressive rules about allowing himself to be who he was, a gay young man. This struggle caused him to unknowingly eat to make himself feel better. Ironically, this difficult start to life gave him the motivation to search out the most effective ways to transform his life.

His newest book, "The Cruise Control Diet", focuses in on intermittent fasting and is truly the culmination of his entire career. Cruise Control is the most powerful modality he's ever utilized himself or with his celebrity clients because it allows you to feast while fasting. Cruise Control has been praised by everyone such as Wendy Williams, Kelly Ripa, Rachael Ray, and even People Magazine as a true revolution in nutrition that is "Better Than Keto".

Cruise is a contributor to AARP Magazine with over 22 million monthly readers, contributing fitness expert for Prevention magazine with over 7 million monthly readers, and a contributor-at-large for First For Women with over 3 million monthly readers. A frequent contributor to Live! With Kelly and Ryan, Wendy Williams, The Dr. Oz Show, Extra, Good Morning America, Today, and The Rachael Ray Show. He also hosts Ask Jorge on Facebook as well as The Cruise Control Podcast.

He lives in both Malibu, California and New York City, New York.



Jorge's Career Reel: <https://www.youtube.com/watch?v=eNgNbsQhBws&t=3s>



Wendy Williams: <https://www.instagram.com/tv/B1BnyasnSn2/>



Live! With Kelly and Ryan: <https://www.instagram.com/tv/B0GwpgInOWh/>



Rachael Ray: <https://www.instagram.com/tv/B0YMmluHmwV/>



Strahan and Sara: <https://www.instagram.com/tv/Bvy1WYwBHMj/>



Inside Edition: <https://www.instagram.com/tv/BwcpyqwhBIV/>



Entertainment Tonight: <https://www.instagram.com/tv/BmKi3mXI6Xm/>



Revenge Body: <https://www.instagram.com/tv/BztUNJoHwal/>





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