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To get Fit, Fabulous, and Fierce. Sugar Savvy is the solution. Based on the groundbreaking “ Energy Up ” program created by Kathie Dolgin (aka High Voltage), proven in a 2007 Columbia University Medical Center study to help participants lose an average of 13 pounds, the Sugar Savvy solution is more than a diet.

Sugar Savvy Solution eBook by Kathie ( aka High Voltage ...

Kathie Dolgin aka ‘ High Voltage ’ is a health and wellness pioneer, best-selling author and TV personality, who has helped thousands of people get their energy up and their

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weight down. She has been featured on the TODAY Show , Good Morning America , CBS Morning Show , CNN , Extra , Entertainment Tonight , E! Network & More. High Voltage ' s illustrious career began in the late ' 70 ' s as the owner of a prominent hotel and spa where she originated the empowerment based health and ...

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Kathie Dolgin (aka High Voltage) speaks to media and the community from the steps of City Hall in NYC on June 11, 2012. High Voltage and the Energy Up! program support Bloomberg's proposed ban on ...

Energy Up! Kathie Dolgin (aka High Voltage) at City Hall in New York City

To get Fit, Fabulous, and Fierce. Sugar Savvy is the solution. Based on the groundbreaking “ Energy Up ” program created by Kathie Dolgin (aka High Voltage), proven in a 2007 Columbia University Medical Center study to help participants lose an average of 13 pounds, the Sugar Savvy solution is more than a diet.

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Sugar Savvy Solution: Kick Your Sugar Addiction for Life ...  
About The Author. Kathie Dolgin (aka High Voltage) is a health and wellness pioneer, best-selling author and TV personality, who has helped thousands of people get their energy up and their weight down. High Voltage ' s illustrious career began in the late ' 70 ' s as a trainer and creator of an empowering health and wellness lifestyle program followed by A-List clients such as Bette Midler, Beverly Johnson, Gabourey Sidibe, Dannii Minogue, Kesley Grammar and Katie Couric.

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Sugar Savvy Solution: Kick Your Sugar Addiction for Life ...  
That groundbreaking health and fitness pioneer, Kathie Dolgin, aka High Voltage (seen to your left), has spent 12 years spearheading a program, Energy Up, which helps school children become what she dubs "sugar savvy," In the segment, Voltage then displays how much sugar is contained in a bottle of soda, a granola bar and a milk shake.

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