

Healthy Habits in 30 Days:

Liver Recovery & Wellness with The Plug!



First Edition, 2025

Welcome to Healthy Habits in 30 Days: Liver Recovery & Wellness with The Plug!

We hope that this ebook provides you with everything you need to give back to your liver and show it some love, because guess what? Your liver is the largest internal organ of your body with over 500 essential functions - it does a lot for you to keep moving and stay healthy.

Our 30-Day Wellness Guide is specifically designed to help you give your liver some love. Whether you're on top of your liver health or have been neglecting it lately, this ebook will help you build and keep the healthy habits that your body needs. We have simple and delicious mocktail and meal recipes to share with you, along with exercises made for both your body and mental health. At The Plug, the liver may be the first thing on our minds, but it's not the only thing - your liver health is intricately connected to your overall health, i.e. your endocrine system, gut, immunity, kidneys, bile production, and even cholesterol! We care about you from head to toe, from the inside out. So dive on into the first edition of our ebook series - there are only happy and healthy livers from here on out!

But First... What is The Plug?

The Plug is a plant-based recovery brand focused on liver health. Our products - The Plug Drink and The Plug Pills - feature all-natural ingredients that make up our famous proprietary formula, *The Plug Blend* (10.83g). With a unique blend of 13 plants, fruits, and flowers, our products help with:



Liver Health



Gut Health



Bloating



Hydration



Immunity



Energy



Productivity



Hangxiety Relief



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Your liver's health is our top priority. Educating the American and global market on the importance of the liver and the power of plants is our greatest mission.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease

Foreword by Grace Yoon, CCH, AADP

I am pleased to present *Healthy Habits in 30 Days: Liver Recovery & Wellness with The Plug!* It is an exciting experience to partner with them and receive the opportunity to create a foreword for the first edition of their ebook series. I've met with the brand's co-founding brothers, Ray and Justin, numerous times in the past, after they had personally reached out to me for advising their company. Hearing about their mission of educating everyone on the power of plants from Korea and East Asia especially resonated with me. Coincidentally, my parents still own our family farm in Pocheon, South Korea, which is located near the Unak Mountains where **The Plug** is manufactured.

Growing up as a Korean-American meant that I could embrace two wonderful yet very different cultures – one where opportunities were everywhere, and another where holistic healing and herbalism were the center of everything. Both of my grandmothers taught me all that I know about Eastern medicine, particularly Korean herbalism. As a child, I struggled with chronic health issues that conventional treatments couldn't resolve. My healing journey began when one of my grandmothers, an Eastern medicine doctor, introduced me to acupuncture and herbal remedies. This pivotal experience sparked my lifelong passion for South Korean and traditional Eastern medicine and herbalism.

While living in New York City, I observed many friends and colleagues struggling with chronic health issues. Compared to South Korea, where herbal markets are abundant and preventative measures are commonly practiced, America did not provide what many were desiring when it came to their own health and wellness. This realization drove and inspired me to empower others to take charge of their well-being by becoming their own herbalists.

In 2020, I founded Qi Alchemy with a mission to empower people to lead healthier lives through the power of nature, tradition, and Korean herbalism. Much like **The Plug**, I bring the benefits of traditional Korean herbs to a modern audience. I recognized a gap in the market and seized the opportunity to make a difference among the lives of Americans.

I realize we as a society still have room to grow when it comes to our overall well-being. I believe that we are all from a garden and that we should nurture ourselves just like we would a favorite plant. Through this ebook and my own book, *The Korean Herbal Apothecary*, I hope that you will become inspired to nurture yourself and plant roots for daily healthy habits that are created to instill long-term benefits.

A Look into The Korean Herbal Apothecary

The *Korean Herbal Apothecary* delves into the rich tradition of Korean herbalism and medicine, intertwining ancestral healing practices passed down through generations. Grace explores the deep connection between spiritual and physical health, sharing her expertise on the concept of Qi, guiding readers on how to build their own Korean apothecary, and introducing a wide range of plants and herbs native to South Korea.

The book also highlights some of the ingredients found in The Plug's proprietary formula (*The Plug Blend*, 10.83g):

Licorice Root - 감초 [Gamcho]

Schisandra - 오미자 [Omija]

Chrysanthemum - 국화 [Gukhwa]

Honeysuckle - 인동 [Indong]

Morus Alba - 뽕나무 [Ppongnamoo]

Pine Needles - 솔잎 [Solip]



Holistic Liver Health

To truly take the best care of your liver, we believe in investing in a holistic lifestyle approach. That's why you'll find a variety of specially-designed recipes, exercises, and practices in our 30-Day Wellness Guide. By building consistency with these healthy habits, you can find both recovery for your liver and wellness for yourself.

Nutritious Recipes

We all need to eat in order to sustain a healthy lifestyle. The nutrients from every piece of food we consume help us grow and thrive, allowing us to live longer and to the fullest. But not everything we eat is necessarily nutritious; some things may taste good and fill us up temporarily yet not offer any long-term benefits. It's important to develop healthy eating habits (no matter how old you are) and think about what exactly are we putting into our bodies on a daily basis. We have 8 mocktail recipes and 8 meal recipes starting on pages 19 and 27, respectively, that are not only delicious but nutritious.

Cleansing Exercises

Exercise is an essential part of our journey to holistic health and wellness, as it greatly supports our bodies' ability to cleanse itself. Through the liver, gallbladder, lungs, kidneys, and more, the human body maintains natural processes of detoxification. Engaging in consistent exercise boosts these organs and bodily systems, allowing them to flush out toxins at peak efficiency. If your physical fitness routine is in need of a jump-start, we have a mix of 8 low-impact and high-impact exercises for you starting on page 37.

Mental Wellness Practices

Mental health is just as important as physical health. When you practice gratitude and mindfulness and work on grounding yourself and being proactive about your goals, you can improve yourself from the inside out. Clearing your mind and becoming one with yourself on a consistent basis matters quite a bit in the long run; do your mental health a favor by taking part in the 8 wellness practices we have for you starting on page 44.

This comprehensive approach to liver care is steeped in our trademark technique: the blending of Western science with traditional East Asian medicine. Our liver supplements at The Plug are designed in **the holistic legacy of hanyak** – traditional Korean herbal medicine. Our products are manufactured in South Korea, utilize the purest form of bedrock water from the Unak Mountains (*Unaksan*), and contain several Korean herbs that have been used for centuries. Like our supplements, our methodology behind this wellness guide is built upon the power of harmonizing our physical, mental, and emotional health.

In order to bring you the best, most trustworthy knowledge on herbal medicine and liver care, we at The Plug work closely alongside a number of trusted medical professionals, herbalists, and nutritional advisors. These individuals are not only experts in their respective fields, but also share our mission of increasing liver health awareness and advocating for the benefits of holistic wellness practices. We've also recently partnered with **FrontrowMD**, where 500+ clinicians have shared our products with their patients, and we hope to one day build newfound partnerships with liver foundations, who are the true backbone of raising liver health awareness among the American people.



What's the Deal with Fatty Liver Disease?

Fatty liver disease is when excess fat builds up in your liver with the potential to turn into something more serious like cirrhosis (severe scarring of the liver). There are two main types of fatty liver disease: non-alcoholic and alcoholic.

Non-alcoholic fatty liver disease (NAFLD) is developed through metabolic means (i.e. type 2 diabetes, obesity, high cholesterol, or high blood pressure) while alcoholic fatty liver disease (ALD) is caused by drinking excessive amounts of alcohol. While there is no cure, it can be treated and essentially “reversed” through lifestyle changes like exercising regularly and eating a well-balanced diet.

The Bad News:

If fatty liver disease isn't treated in the early stages, it can develop into non-alcoholic steatohepatitis (NASH), which is when excess liver fat is paired with inflammation and damage. While NASH can still be treatable, it can lead to liver fibrosis (scarring of the liver) or cirrhosis, which is unfortunately irreversible.

The Good News:

In March 2024, the U.S. Food and Drug Administration approved the first-ever medication for NASH, making this a significant step forward for millions of people struggling with this condition. The newly approved drug, Rezdiffra (resmetirom), works by targeting specific thyroid hormone receptors in the liver, aiming to improve liver function and potentially slow disease progression. While it's not a cure, it provides a new treatment option for those who previously had limited choices. Additionally, this opens the door for further research and development of NASH treatments, with the potential for more targeted and personalized therapies in the future.

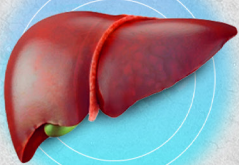
What You Need to Know:

- NAFLD affects **80-100 million** Americans (25-30% of all adults in the West)
- NASH affects **3-5%** of the U.S. population
- **6-8 million** people in the U.S. have NASH with moderate to advanced liver scarring
- Chronic liver disease and cirrhosis are the **ninth leading cause** of death
- About **1 in 400 adults** in the U.S. suffer from cirrhosis

The Progression of Fatty Liver Disease:

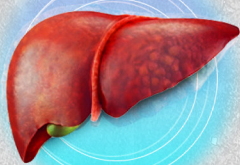
Stage 1 - Fatty Liver

- Some fat accumulation
- Liver function may not be working 100% efficiently



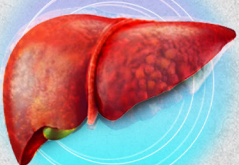
Stage 2 - NASH

- Excess fat buildup in the liver
- Damage and inflammation



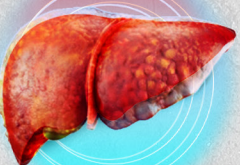
Stage 3 - Fibrosis

- Further inflammation
- Scar tissue begins to form



Stage 4 - Cirrhosis

- Permanent scarring caused by chronic inflammation
- Scar tissue slows blood flow to the liver



Why We Shouldn't Give Up Hope:

While it is scary to think about how fatty liver disease can progress to more serious health conditions and how there's no magical cure for the millions who are suffering, we cannot lose hope. The FDA approval of Rezdiffra earlier in 2024 was a big step for liver health. More and more people are becoming educated on health and wellness, along with adopting the mindset of being proactive about their health rather than reactive. With the slow shift into Medicine 3.0, medical providers are focusing more on preventative measures and how to guide their patients toward an optimal quality of life that would extend into their golden years. Fatty liver disease stats have risen since the COVID-19 pandemic, but it is possible to combat them by promoting education and awareness.

As for The Plug, we will always prioritize promoting the awareness of liver health. Knowledge and prevention are the key to fighting the silent epidemic of fatty liver disease, so be sure to spread awareness in your own social circle and adopt healthy habits to safeguard your liver for the future.

Please see page 48 for more information on how to take care of your liver and prevent conditions such as fatty liver disease.

All About Cholesterol

When most people think of cholesterol, they immediately think of it as a bad thing, but there is a good reason for that! Millions of Americans have high cholesterol, which can lead to a buildup of plaque in your arteries, narrowing them and decreasing blood flow. When the plaque is able to cut off circulation completely, you can experience a heart attack or stroke. But cholesterol is actually essential for our health as it helps us make hormones and digest fatty foods.

Cholesterol is a waxy, fat-like substance that is made by your liver. Your body makes enough cholesterol on its own, so we don't really need to consume that much of it. Your main concern when it comes to cholesterol is which types of it to consume.

Types of Cholesterol:

Low-density lipoprotein (LDL) - the "bad" cholesterol. Having high levels of LDL can result in heart disease, heart attack, and stroke. Some foods that contain LDL are fast food, fried foods, processed meats, and sweets.

High-density lipoprotein (HDL) - the "good" cholesterol. HDL can actually reduce your risk of cardiovascular disease, heart attack, and stroke. Some foods that contain HDL are eggs, cheese, shellfish, grass-fed steak, and full-fat yogurt.

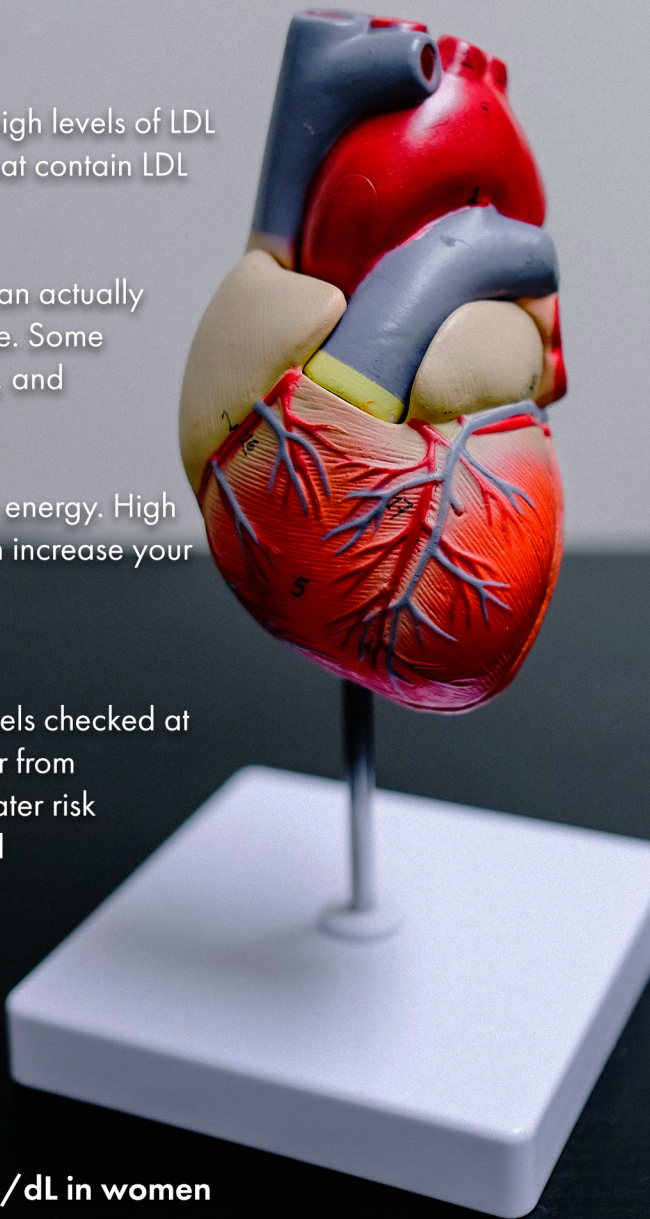
Triglycerides - a type of fat in your blood that your body uses for energy. High levels of triglycerides in combination with low HDL or high LDL can increase your risk for heart disease, heart attack, and stroke.

Checking Your Cholesterol:

If you are a healthy adult, you should get your total cholesterol levels checked at least once every 4 to 6 years. If you have type 2 diabetes or suffer from obesity, you should get it checked more often, as you are at a greater risk for developing unhealthy cholesterol levels. To get your cholesterol checked, you should visit your healthcare provider and get a lipid panel or lipid profile ordered, which will show cholesterol as measured in milliliters per deciliter. The following are optimal cholesterol levels:

- Total cholesterol levels should be around 150mg/dL
- LDL levels should be around 100mg/dL
- HDL levels should be at least 40mg/dL in men and 50mg/dL in women
- Total triglycerides should be less than 150mg/dL

High cholesterol is usually anything more than 200mg/dL.



All About AST & ALT

Enzymes. You've heard of them, but what role do they play in your liver health?

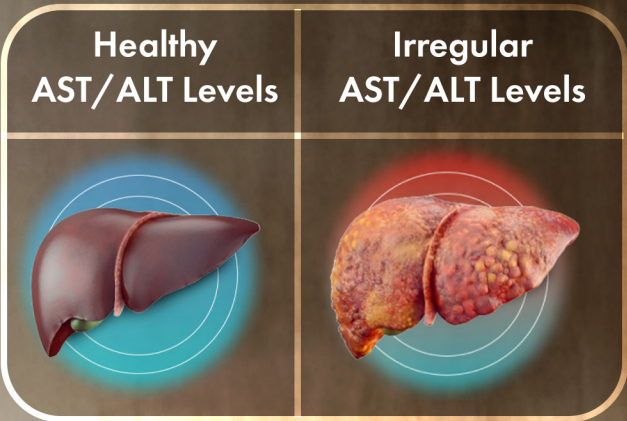
At a basic level, enzymes are your body's accelerator in chemical reactions. Usually taking the shape of a protein, enzymes are important catalysts that speed up various processes in our bodies. In the liver, two of the most notable enzymes – especially when it comes to signs of liver damage – are AST and ALT.

AST (Aspartate Aminotransferase):

Found in various body tissues, AST concentration rises in the blood when there is liver or heart damage.

ALT (Alanine Aminotransferase):

Primarily found in the liver, ALT concentration rises in the blood specifically when there is liver damage or disease.



In a healthy liver, AST and ALT assist in metabolic breakdown (the conversion of food into energy). However, in cases of liver inflammation, damage, and/or disease, AST and ALT can leak into the bloodstream. By testing for AST and ALT levels in the blood, medical professionals can better determine the condition of a person's liver. For more information on liver function tests, check out page 14.

With proper liver care, AST and ALT levels in the blood should remain low.



When and How to Use The Plug Drink

With the highest herbal concentration (10.83g) on the market and electrolytes for rapid hydration, The Plug Drink is beneficial for your liver no matter how you drink it. If you want to maximize its 13 all-natural ingredients, we have a list of effective recommendations:

When -

In the Morning: Your liver’s sidekick can work wonders when taken in the morning! With no added sugar or caffeine, you can get through your day with improved immune support and digestive health.

On the Go: Bring The Plug Drink with you to your next work meeting or on your evening run! Our beverage holds the key to boosted hydration, reduced brain fog, and increased mental clarity so that you can stay on top of your daily grind!

Before Bed: Taking The Plug Drink right before bed is the best way to restore, recover, and recharge. Benefits include liver protection, improved sleep, and feeling great the morning after.

How -

Chilled: For optimal taste and experience, toss The Plug Drink in the fridge before consumption or serve in a glass of ice.

In a Mocktail: We have 8 mocktail recipes available for you with even more holistic ingredients to make your new favorite pick-me-up featuring The Plug Drink. Check out pages 19-26 to learn more!

Before or After a Meal: Get rid of bloating fast and regulate your gut health when you take The Plug prior to eating or afterwards. Check out pages 27-36 to recreate nutritious meals!

When and How to Use The Plug Pills

Containing the same formula of 13 plants, fruits, and flowers, The Plug Pills also have the added bonus of milk thistle, turmeric, and B vitamins to optimize your liver function. Liver health has never been easier to achieve; just pop in 2 capsules once a day, and feel the difference! Here are our recommendations on how to best take advantage of our pills:

When -

With Breakfast: For best results, The Plug Pills should be taken before or after a meal; breakfast, being the most important meal of the day, is best suited for taking our plant-based pills. Improve your skin health with optimized liver function at the start of your day!

Afternoon Slump: Does your energy get zapped in the afternoon? Reach for The Plug Pills after lunch and feel your energy being renewed from vitamins B1, B2, and B6.

Evening Support: The anti-inflammatory properties of milk thistle and turmeric will protect your liver and aid in digestion as you sleep.

How -

Before or After a Meal: As a dietary supplement, take 2 capsules once daily 20-30 minutes before or after a meal with an 8 ounce glass of water or as directed by your healthcare professional.



The Plug Combo (Drink + Pills)

For even faster and superior results take The Plug Drink and The Plug Pills together as the **ultimate liver duo!** Your overall liver enzyme levels can improve in as little as 7 days, but if you want long-lasting benefits, we suggest using our products for at least 6 months. Take advantage of all 15 of our beneficial ingredients for short-term recovery and long-term support.



How to Track Your Liver Health

Your liver health is important, but how do you know if your liver is healthy or not? We have two ways for you to monitor your liver, and we recommend you do at least one of these in order to have an idea of your current liver health.

1. Symptom Tracker

Here is a list of symptoms you may experience with liver inflammation or disease:

- Low appetite
- Nausea and vomiting after eating
- Low energy
- Itchy, irritated skin
- Abdominal swelling
- Belly pain
- Swelling in your legs or ankles
- Dark urine
- Pale stool
- Bruising easily

If you’ve noticed any of these symptoms recently, write them down in the Wellness Journal pages provided and try to keep track of them during the 30-Day Wellness Guide to see if they improve. If your symptoms are severe and keep you from doing everyday tasks, please see a medical professional before starting this guide. Liver inflammation and disease can be present without any symptoms; even if you are not experiencing any of these symptoms, do not count yourself completely in the clear.

Contrasting the negative symptoms of liver disease, here are some signs of a healthy liver:

- Healthy appetite
- Proper digestion
- Enough energy to get your through the day
- Clear skin
- Light yellow urine
- Regular bowel movements
- Healthy weight
- Normal liver enzyme levels
- Good cholesterol levels

Consistently keeping up with our 30-Day Wellness Guide can improve your overall liver health and help you achieve your health goals, whether it be to improve your liver health, lose weight, decrease your overall stress, or boost your immunity. Your liver health does not only affect your digestive system and metabolism but your body as a whole. Every organ in your body can be negatively affected from an unhealthy liver, which is why tracking your liver health is so important.

2. Liver Function Test (Optional)

Knowing your symptoms can be useful, but if you want accurate results of your liver health, it is best to take a liver function test. Liver function tests are done through blood work and they measure the levels of enzymes (like AST and ALT) and proteins in your blood. When calculated by a health professional, results of this test can inform you on your liver’s overall performance and can show if your liver is damaged or diseased. Knowing these results can help you personalize your treatment plan and lifestyle changes toward your specific needs with your healthcare provider.

If you decide to use one or both of these liver tracking tools along with our 30-Day Wellness Guide, you may see an improvement in not only your liver health but your overall physical and mental well-being. For additional information and assistance, please reach out to a medical professional.



How to Follow Our 30-Day Wellness Guide:

You’ve discovered your liver health isn’t exactly where you want it to be, now what? With our liver tracker and 30-Day Wellness Guide, you can stay on top of your liver health and begin to see improvement. When you commit to your overall health and wellness for **at least 30 days**, you will feel the results!

But how do you use this guide? In the calendar provided, we recommend that you complete each of the activities that are listed on each day for the best results. The options include:



Mocktail Recipes



Meal Recipes



Physical Exercises



Mental Exercises

We carefully crafted this 30-Day Wellness Guide to give your liver (and your overall body) some much-needed attention and care. Make mocktails and meals for a **liver detox, immunity or antioxidant boost, improved gut health, energy, or a specific diet**. Get moving with physical exercises to improve your **stamina, strength, cardio, and flexibility**. Improve your mental health with **mindfulness, grounding, proactive, and gratitude practices**. When using these recipes and participating in these exercises each day, keep in mind that each one has been planned with your liver health and overall well-being in mind.

Day 1

Liver Detox

Flexibility

Proactive

Day 2

Gut Health

Grounding

Day 3

Antioxidant

Strength

Mindfulness

Day 4

Liver Health

Gratitude

Day 5

Immunity

Cardio

Record these daily activities in the calendar and track your liver symptoms and any other health improvements at the end of each week. Notice how your body feels and document your **energy, hydration, focus, bloating, and appetite**. Use the expressive emojis provided to keep tabs on your symptoms every week.

Symptom Tracker					
Feeling	😬	😞	😐	😊	😄
⚡ Energy					
💧 Hydration					
🧠 Focus					
👉 Bloating					
🍴 Appetite					

To track your **energy**, take note of how you feel throughout the day as well as your activity levels. Do you wake up tired in the morning? Are you able to get through the day without a nap or caffeine? If you’re constantly tired and always need a caffeine-loaded pick-me-up just to get through the day, your energy levels may be suffering.

To record your **hydration**, pay attention to how much water you drink and the color of your urine. The darker the color, the less hydrated you are. Ideal hydration is when your urine is pale yellow, while dark orange and stronger smelling urine is your sign to drink more water.

Focus can be greatly affected by liver health. Have you noticed increased brain fog and forgetfulness? Then you may not be as cognitively sharp as you could be. Keep this in mind when recording how focused you are.

When tracking **bloating**, recount how your stomach feels after eating a meal. Are you uncomfortable? Do your pants feel tighter than usual? This could be a symptom of your liver working harder than usual.

Also linked to digestive health, your **appetite** can be a signal of liver issues. If you have a reduced appetite, your liver might not be functioning properly. By tracking all of these symptoms every week, you can see how completing our guide (and using The Plug) positively affects your symptoms and overall liver health.

And don’t feel limited when it comes to the 30 days - you can keep tracking your liver health with this guide and implementing our recipes and exercises into your daily routine for 60 days, 90 days, 6 months, or even an entire year! Your liver doesn’t take vacation days; it’s important to look after it on a consistent basis. Consistency is always key when it comes to seeing your desired results.

30-DAY WELLNESS GUIDE

Mocktail Recipes

Meal Recipes

Physical Exercises

Mental Exercises

Day 1

Day 2

Day 3

Day 4

Day 5

Symptom Tracker

Day 6

Day 7

Day 8

Day 9

Day 10

Symptom Tracker

Day 11

Day 12

Day 13

Day 14

Day 15

Symptom Tracker

Day 16

Day 17

Day 18

Day 19

Day 20

Symptom Tracker

Day 21

Day 22

Day 23

Day 24

Day 25

Symptom Tracker

Day 26

Day 27

Day 28

Day 29

Day 30

Symptom Tracker

60-DAY WELLNESS GUIDE

Mocktail Recipes

Meal Recipes

Physical Exercises

Mental Exercises

Day 31

Day 32

Day 33

Day 34

Day 35

Symptom Tracker

Day 36

Day 37

Day 38

Day 39

Day 40

Symptom Tracker

Day 41

Day 42

Day 43

Day 44

Day 45

Symptom Tracker

Day 46

Day 47

Day 48

Day 49

Day 50

Symptom Tracker

Day 51

Day 52

Day 53

Day 54

Day 55

Symptom Tracker

Day 56

Day 57

Day 58

Day 59

Day 60

Symptom Tracker



Mocktail Recipes

Looking for healthy, non-alcoholic takes on your favorite drinks? Look no further than our delicious lineup of mocktails! We're famous for our mocktail series over on social media, so we had to include some of our faves (and some new additions) here.

If you need an immunity boost...

Cheery Cherry Mocktail.....Page 21

The Sunrise Mocktail.....Page 21

If you want to add more antioxidants into your diet...

Perfect Pear Mocktail.....Page 22

Summer Sweetie Mocktail.....Page 22

If you need to detox your liver...

Cleansing Watermelon Refresher.....Page 23

If you need a jolt of energy...

Tropical Plug Punch.....Page 23

Berry Blast Plug Smoothie.....Page 24

If you want a warm drink for the winter season...

Spiced Plug Chai Latte.....Page 25

Cheery Cherry Mocktail

This sparkling sour and tart mocktail satisfies every taste bud! The perfect mix of citrus sour and cherry tart, the **Cheery Cherry Mocktail** will boost your immunity with its antioxidant and anti-inflammatory powers!

INGREDIENTS

- 1 bottle of **The Plug Drink**
- 2 ounces cherry juice
- 1 handful of ice cubes
- Lemon ginger sparkling water
- Lemon slice for garnish

DIRECTIONS

1. Fill your glass with ice cubes, then pour in the cherry juice (for a tarter taste, you can add in more cherry juice!), followed by **The Plug Drink**.
2. Fill the rest of your glass, or as desired, with lemon ginger sparkling water.
3. Garnish with a lemon slice.



Perfect Pear Mocktail

Bright and juicy flavors meet in this perfect mix of lime, pear, and **The Plug Drink** for a slightly sweet and zesty taste! The enlightening blend of pear and lime meet to repair and restore your body as both fruits are packed with vitamin C and antioxidants - experience sweet, sour, zest, and tang with this refreshing mocktail aka the perfect addition to any occasion.

INGREDIENTS

- 1 bottle of **The Plug Drink**
- 4 ounces prickly pear juice
- 1 handful of ice cubes
- 1 ounce lime juice
- Lime wedge for garnish

DIRECTIONS

1. Toss ice cubes into your favorite glass.
2. Pour in **The Plug Drink**, followed by prickly pear juice.
3. Finish off the blend by adding in lime juice and stirring the mixture.
4. Add more ice as needed, garnishing with a lime slice.



The Sunrise Mocktail

Citrusy, sweet, and all about the views - this vibrant and refreshing mocktail packed with vitamin C captures the essence of a beautiful morning. With a delightful juice blend of orange, pineapple, and cherry (and, of course, the touch of **The Plug Drink**), it promises to awaken your senses and brighten your day as you envision the vibrant colors of a glorious sunrise.

INGREDIENTS

- 1 bottle of **The Plug Drink**
- 1 ounce fresh orange juice
- 1 handful of ice cubes
- 2 ounces pineapple juice
- 1 ounce your choice of cherry juice
- Maraschino cherry and orange slice for garnish

DIRECTIONS

1. Chill all the juices in the refrigerator beforehand to ensure a refreshing and cool mocktail.
2. Fill your desired glass with ice cubes.
3. Pour in the fresh orange juice, pineapple juice, cherry juice, and **The Plug Drink**.
4. Give the mixture a gentle stir to combine the juices evenly.
5. Garnish with a maraschino cherry and a slice of fresh orange on the rim.



Summer Sweetie Mocktail

This mocktail is perfect for hitting the poolside with your friends during those hot summer days. It's filled with antioxidants and anti-inflammatory properties that will make you feel good inside and out - plus, it tastes just like summer!

INGREDIENTS

- 1 bottle of **The Plug Drink**
- 3 ounces guava nectar
- 1 handful of ice cubes
- 1 ounce pineapple juice
- Coconut water
- Lime wedge for garnish

DIRECTIONS

1. Start off with ice cubes in a glass.
2. Pour in guava nectar, followed by pineapple juice and **The Plug Drink**.
3. Add in a splash of coconut water.
4. Pop a lime wedge on the rim of your glass.



Cleansing Watermelon Refresher

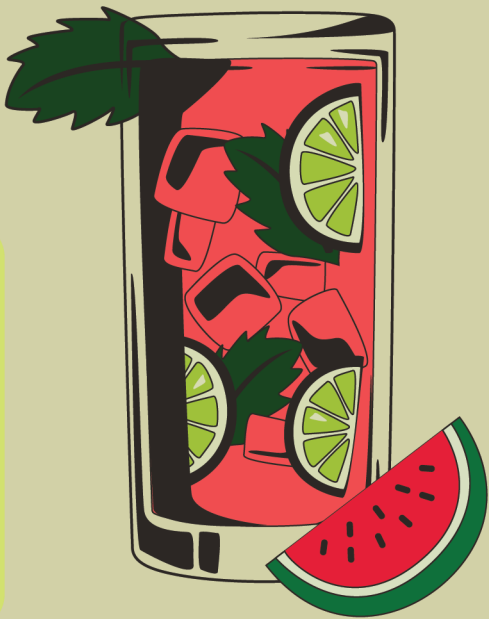
Let’s dive into our hydrating and delicious **Cleansing Watermelon Refresher**! It combines the liver detoxifying power of watermelon, lime, mint, and **The Plug Drink**, making it the perfect everyday refreshment for a rejuvenating cleanse.

INGREDIENTS

- 2 cups cubed watermelon
- 2 tablespoons lime juice
- 1 bottle of **The Plug Drink**
- 1 tablespoon chopped mint

DIRECTIONS

1. Put watermelon in a blender and blend for about 1 minute or until smooth.
2. Strain watermelon through a mesh strainer and into a separate bowl.
3. Add lime juice and chopped mint into watermelon juice.
4. Grab a 16 ounce glass and fill it with light ice.
5. Pour **The Plug Drink** into glass, then add watermelon mixture.
6. Garnish with extra mint.



Tropical Plug Punch

Transport yourself to a tropical paradise with our **Tropical Plug Punch**! This punch is sure to be a hit at your next gathering, so let the flavors of pineapple, coconut, and **The Plug Drink** whisk you away to relaxation and enjoyment. Cheers!

INGREDIENTS

- 1 bottle of **The Plug Drink**
- 1 handful of ice cubes
- ½ cup pineapple juice
- ¼ cup coconut milk
- ⅓ cup lime juice
- 1 tablespoon agave syrup or simple syrup
- Pineapple slices and lime wedges for garnish

DIRECTIONS

1. In a large pitcher, combine pineapple juice, coconut milk, lime juice, and agave syrup, stirring until well mixed.
2. Add ice cubes to the pitcher.
3. Slowly pour in **The Plug Drink**, stirring gently to combine all the ingredients.
4. Taste the punch and adjust sweetness or tartness if needed by adding more agave syrup or lime juice.
5. Serve in 2 glasses filled with ice cubes, garnishing with pineapple slices and lime wedges.



Berry Blast Plug Smoothie

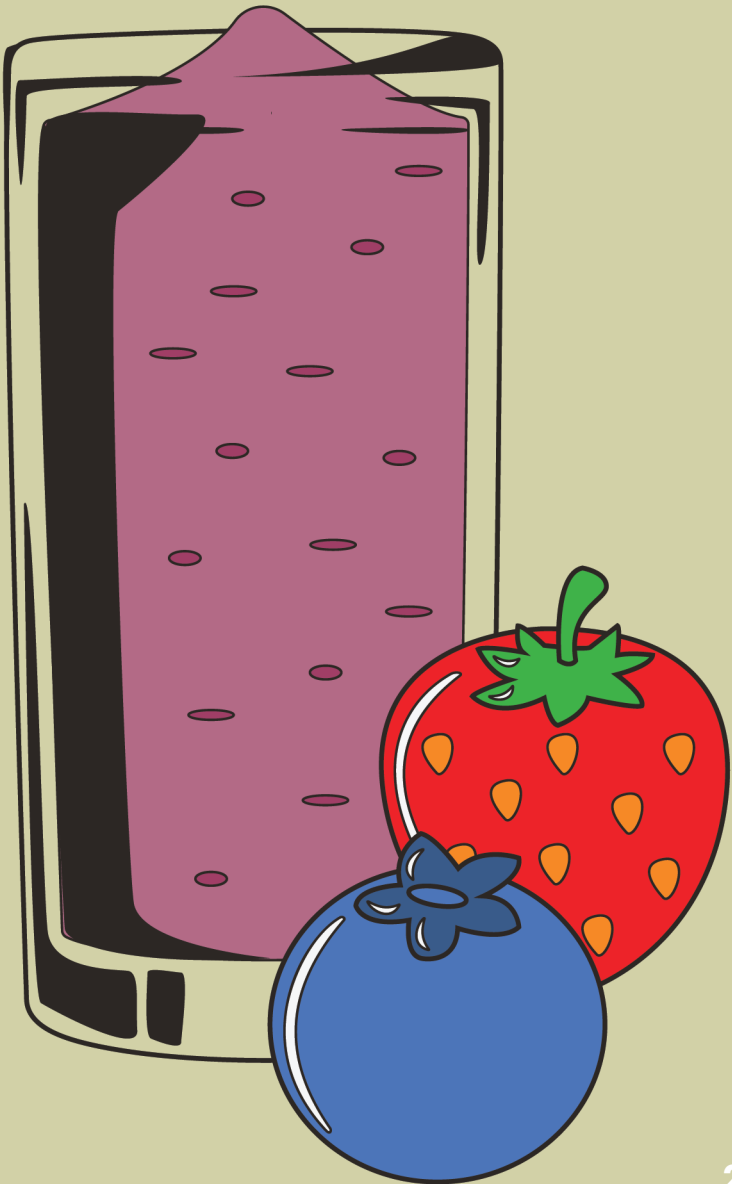
Indulge in the goodness of fresh berries and the invigorating taste of **The Plug Drink** with this **Berry Blast Plug Smoothie**! Packed with antioxidants and energy-boosting ingredients, this smoothie is the perfect way to start your day or refuel after a workout.

INGREDIENTS

- 1 bottle of **The Plug Drink**
- ½ cup your choice of mixed berries
- ½ banana, frozen
- ¼ cup Greek yogurt
- ¼ cup almond milk
- 1 tablespoon honey or maple syrup (optional)

DIRECTIONS

1. In a blender, combine the mixed berries, frozen banana, Greek yogurt, almond milk, and honey or maple syrup (if using).
2. Blend until smooth and creamy.
3. Add ice cubes to the blender for a thicker consistency (if desired).
4. Slowly pour in **The Plug Drink** and blend again until all ingredients are well mixed.
5. Taste the smoothie and adjust sweetness if needed by adding more honey or maple syrup.
6. Pour the smoothie into 2 glasses and serve, garnishing with a few whole berries for an extra burst of flavor.



Spiced Plug Chai Latte

Cozy up with a warm and aromatic **Spiced Plug Chai Latte**! This indulgent hot drink is infused with the comforting flavors of traditional chai spices and the unique essence of **The Plug Drink** - perfect for chilly days or whenever you need a soothing pick-me-up.

INGREDIENTS

- 1 bottle of **The Plug Drink**
- 1 cup milk (dairy or non-dairy)
- 2 black tea bags
- 1 cinnamon stick
- 4 whole cloves
- 4 green cardamom pods
- 1 inch piece of fresh ginger, thinly sliced
- 2 tablespoons honey or maple syrup

DIRECTIONS

1. In a small saucepan, pour the milk and add the cinnamon stick, cloves, cardamom pods, and sliced ginger.
2. Heat the milk over medium-low heat, stirring occasionally, until it comes to a gentle simmer (be careful not to let it boil!).
3. Once simmering, reduce the heat to low and let the milk steep with the spices for about 5 minutes to infuse the flavors.
4. While the milk is steeping, steep the black tea bags in 1 cup of hot water for about 3-5 minutes, depending on desired strength.
5. Remove the saucepan from the heat and discard the tea bags from the black tea.
6. Slowly pour **The Plug Drink** into the spiced milk mixture, stirring gently to combine.
7. Stir in the honey or maple syrup until it dissolves completely.
8. Strain the latte mixture into 2 mugs to remove the whole spices and ginger slices.



Check out our mocktails
in action
on our TikTok
[@theplugdrink](https://www.tiktok.com/@theplugdrink)





Meal Recipes

Drinks are fun and all, but a person's gotta eat at the end of the day! We've gathered a roundup of our favorite recipes that your liver and gut will love - and they're simple to make too! Feel free to swap out any ingredients to fit your dietary preferences and/or lifestyle choices - we've left you some ideas on choosing alternatives.

If you want to focus on your liver health...

- Hearty & Healthy Turmeric Chicken Soup.....Page 29
- Quick & Easy Bibimbap.....Page 30

If you want to help out your gut health...

- Gut-Healthy Yogurt & Berry Bark.....Page 31
- Sweet & Nutty Oatmeal Cookies.....Page 32
- Fiber-Rich Black Bean Wrap.....Page 33
- Fiber-Fueled Spinach & Mushroom Scramble.....Page 34

If you want a vegan option...

- Vegan Jackfruit Carnitas Tacos.....Page 35
- Roasted Chickpea & Tzatziki Avocado Toast.....Page 36

Healthy & Hearty Turmeric Chicken Soup

Reduce inflammation and boost your liver function with this delicious turmeric chicken soup. Studies suggest that curcumin, a component of turmeric, helps reduce inflammation and fight against NAFLD; this comforting dish provides the care your liver craves!

INGREDIENTS

- ¼ cup olive oil
- 3 large carrots, thinly sliced
- 3 cloves garlic, chopped
- 6 cups chicken broth
- 1 ¼ pounds boneless skinless thighs or breasts
- ¼ cup chopped fresh parsley
- 1 medium onion, diced
- 3 stalks celery, thinly sliced
- 1 teaspoon turmeric
- 1 (13.5 ounce) can coconut milk
- Salt (to taste)
- 1 large leek, thinly sliced
- 1 teaspoon salt
- 1 teaspoon poultry seasoning
- 1 (10 ounce) bag frozen peas
- Black pepper (to taste)

DIRECTIONS

1. Heat olive oil over medium heat in a large soup pot. Add onions, leeks, carrots, celery, and 1 teaspoon salt. Sauté the vegetables, stirring occasionally, until leeks are soft and begin to caramelize (around 14-16 minutes).
2. Add chopped garlic, turmeric, and poultry seasoning. Continue to cook for another 2-3 minutes, stirring frequently, until the spices and garlic are fragrant.
3. Add broth, coconut milk, and chicken to the pot, scraping up any stuck-on bits, and bring to a bare simmer. Make sure the chicken is submerged beneath the broth, and partially cover the pot with the lid. Simmer on low until the chicken is cooked through and veggies are tender (about 15-20 minutes). Be sure not to boil the soup for too long, otherwise the coconut milk will split.
4. Take off the lid from the soup and remove the chicken to cool slightly. Cut into bite-sized pieces or shred based on preference. Return chicken to the pot along with frozen peas and

chopped parsley. Bring soup back to a slow simmer until the peas are bright green and soft and the chicken is warmed through (about 5 minutes).

5. Season soup to taste with salt and pepper, and serve garnished with extra parsley.

* Makes 4-6 servings.



Quick & Easy Bibimbap

Looking for a traditional Korean dish that is liver and gut friendly? Bibimbap is a Korean rice dish packed with flavor and personality that can enhance your healthy eating habits. This inspired recipe is full of whole grains, low fat protein, fresh veggies, and healthy fats and features unique ingredients like sesame oil (which reduces liver enzymes) and gochujang (a spicy fermented Korean sauce that reduces the fat buildup in your liver).

INGREDIENTS

- 2 cups brown rice or Korean multigrain rice (Japgokbop)
- 8 ounces chicken breast or tofu
- 1 egg (hard boiled or poached)
- ½ cup spinach (or any leafy green)
- ½ cup bean sprouts
- ¼ cup radish, thinly sliced
- ½ cup mushrooms (enoki recommended)
- ¼ cup kimchi
- 1 tablespoon sesame oil
- 1 tablespoon Korean red pepper paste (gochujang)
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 teaspoons garlic powder

DIRECTIONS

1. Cook desired rice in a pot or rice cooker.
2. Cut chicken into strips or tofu into cubes and season with salt and pepper.
3. Sauté chicken or tofu in a pan at medium heat until fully cooked, then set aside.
4. Hard boil or poach egg in pot with boiling water, then set aside.
5. Blanch spinach, mushrooms, and bean sprouts in a pot with boiling water. Set aside and season veggies with garlic powder.
6. Thinly slice the radish and set aside.
7. Assemble all ingredients in a bowl, mix, and serve.

* Makes 2 servings.



Gut-Healthy Yogurt & Berry Bark



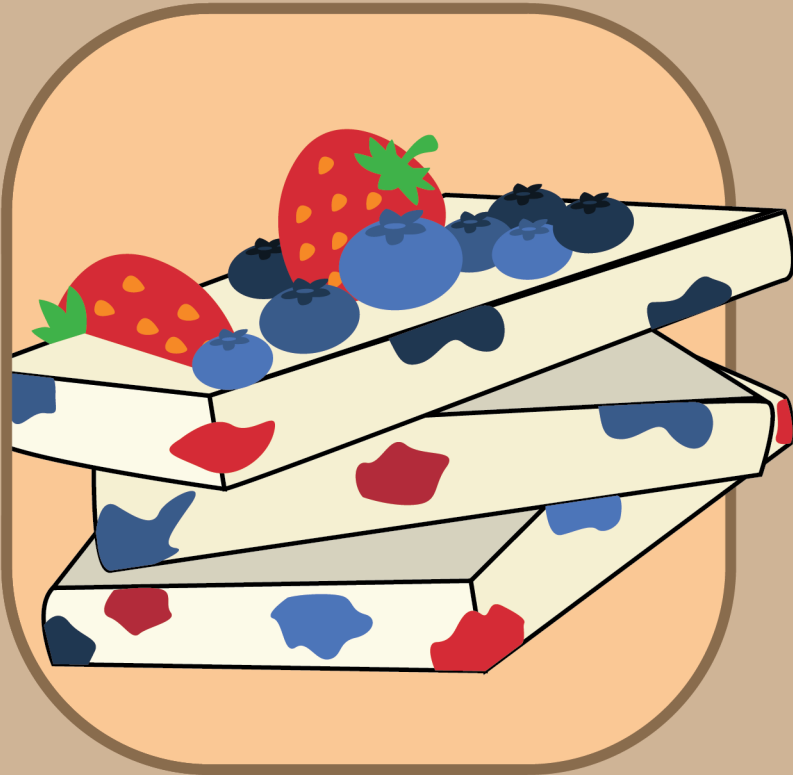
Fermented foods are a fantastic way to naturally support your gut health and maintain a well-functional digestive microbiome. Yogurt is full of probiotics that support proper digestion and immunity, and this yogurt and berry bark recipe is a fantastic way to achieve this health support. Feel free to replace the strawberries and blueberries in this recipe with your berries of choice too - enjoy a nutritious sweet treat with this gut-healthy dessert option!

INGREDIENTS

- 2 cups yogurt of choice (nonfat, plant-based, etc.)
- ¼ teaspoon lemon juice
- Pinch of salt
- ¼ cup honey
- ½ cup strawberries, sliced
- ½ cup blueberries
- ½ teaspoon vanilla extract
- ½ cup granola

DIRECTIONS

1. Line a baking sheet with parchment paper and set aside.
 2. In a large mixing bowl, combine yogurt of choice, honey, vanilla, lemon juice, and salt.
 3. Whisk the yogurt mixture until thoroughly combined.
 4. Transfer mixture to your prepared baking sheet. Spread it over the parchment paper until evenly spread.
 5. Top with berries and granola.
 6. Freeze for 2-3 hours or until firm.
 7. Once frozen, remove the baking sheet from the freezer and carefully break into pieces.
 8. Keep in the freezer until ready to serve.
- * Makes 2 servings (1 cup per serving).



Sweet & Nutty Oatmeal Cookies



Everybody craves a sugary dessert every once in a while, but our **Sweet & Nutty Oatmeal Cookies** aren't just delicious - they're excellent for your liver and gut health too! By using oatmeal and bananas as the cookie dough base, you are getting a dessert that is high in fiber and includes anti-inflammatory properties. With fatty acid-rich walnuts and the metabolism boost from coconut oil, your liver will feel the difference. If you are allergic to walnuts or coconut, you can substitute with dark chocolate (instead of honey walnuts) and olive oil to make a chocolatey-rich cookie.

INGREDIENTS

- 2 cups oats
- ½ cup walnuts
- 1 tablespoon honey
- 4 medium ripe bananas, mashed
- 1 ½ teaspoons coconut oil
- Small pinch of cinnamon

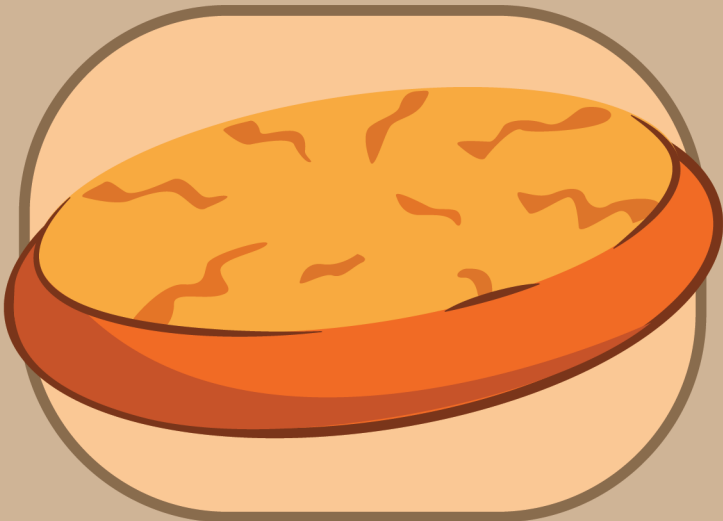
DIRECTIONS

1. Preheat the oven to 350°F. On a non-stick cookie sheet, spread 1 teaspoon of coconut oil. Set up another baking sheet lined with parchment paper.
2. In a non-stick pan, heat the remaining ½ teaspoon of coconut oil over medium heat. Mix in honey and cinnamon, followed by the walnuts.
3. Cook over medium heat, stirring constantly for 5 minutes, until completely coated and toasted.
4. Pour walnuts onto the baking sheet with parchment paper and separate evenly, then set aside to cool for at least 5 minutes.
5. Incorporate mashed bananas and oats together in a bowl to create a dough.
6. When the walnuts are completely cooled, fold them into the dough.
7. Place a tablespoon of dough on your non-stick

cookie sheet with coconut oil to form 16 cookies.

8. Bake in the oven for 15 minutes.
9. Remove from the oven, let cool, and serve when ready to enjoy.

* Makes 16 servings (2 cookies per serving).



Fiber-Rich Black Bean Wrap



Fiber helps your digestive system run smoothly - making this **Fiber-Rich Black Bean Wrap** will assist in your gut health, plus it's extremely customizable as you can mix and match your vinaigrette flavors and the types of greens you use! Filled with black beans and wrapped with whole wheat tortillas that are rich in fiber and antioxidants while aiding in detoxification, this high protein and low fat meal will nourish your GI needs. Your immune system will benefit as well due to the lime juice, garlic powder, and chili powder. Feel free to get creative with this simple wrap, and see what works best for your taste!

INGREDIENTS

- ¼ cup vinaigrette of your choice
- 3 cups romaine lettuce (or greens of your choice), chopped
- 1 cup red cabbage, chopped
- 1 cup radishes, sliced
- 1 (15 ounce) can no-salt-added black beans, rinsed
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- 1 ripe avocado
- 1 tablespoon lime juice
- 4 (8 inch) whole wheat tortillas

DIRECTIONS

1. In a large bowl, coat lettuce, red cabbage, and radishes in a vinaigrette until vegetables are fully coated and set aside.
 2. In another bowl, mash beans, chili powder, garlic powder, and cumin until seasonings are dispersed evenly and then set aside.
 3. In a small bowl, mash avocado and lime juice until fully incorporated.
 4. To assemble, spread mashed beans and avocado evenly on the tortilla. Top with a cup of salad mixture and wrap up.
- * Makes 4 servings.



Fiber-Fueled Spinach & Mushroom Scramble



This delicious egg scramble is sure to be a favorite of yours and your gut's microbiome! The fiber found in spinach and mushrooms nourishes the healthy bacteria in your digestive system, supporting your overall gut health. Plus, the protein from the eggs provides a bonus boost of energy to help give a jump-start to your morning!

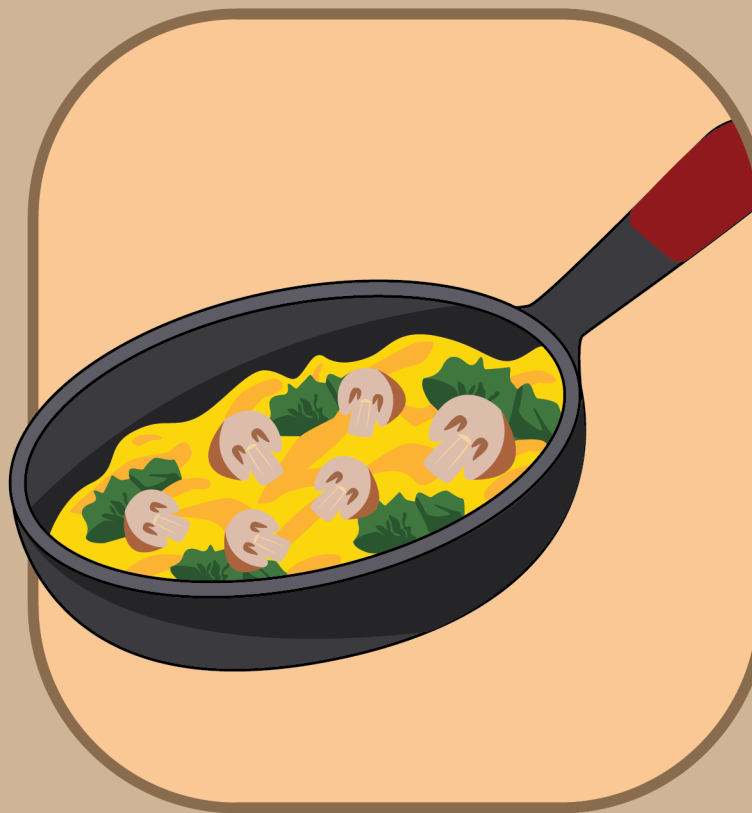
INGREDIENTS

- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 3 large eggs
- ½ tablespoon olive oil
- 2 tablespoons red onion, chopped
- 1 cup mushrooms, thinly sliced
- 1 cup fresh baby spinach
- ¼ teaspoon red pepper flakes (optional)

DIRECTIONS

1. In a small bowl, whisk together eggs, salt, pepper, and red pepper flakes (optional) until well combined.
2. In a medium skillet, heat olive oil over medium-low heat.
3. Add red onion and cook until tender and browned (about 3 to 4 minutes). Be sure to stir the onions occasionally to prevent burning.
4. Add mushrooms; cook and stir until tender (about 3 to 4 minutes).
5. Add spinach; cook and stir until wilted.
6. Add whisked eggs; cook and stir until eggs are just thickened and fully cooked. No liquid egg should remain in the pan.
7. Serve when ready, and enjoy!

* Makes 1 serving.



Vegan Jackfruit Carnitas



You won't miss the meat with these insanely flavorful and satisfying jackfruit carnitas tacos! The shredded jackfruit makes an amazingly convincing pulled "pork" substitute with its stringy, shredded texture. These vegan tacos are unbelievably flavorful and satisfying while being a more healthy alternative.

INGREDIENTS

- 2 (20 ounce) cans green jackfruit, drained and shredded
- 2 teaspoons cumin
- 1 teaspoon chili powder

- 1 teaspoon smoked paprika
- 1/4 cup vegetable or chicken-style broth
- 1 tablespoon lime juice
- Salt (to taste)

- Pepper (to taste)
- 8-10 (8 inch) corn tortillas
- Toppings: shredded cabbage, diced onion, fresh cilantro, lime wedges

DIRECTIONS

1. In a skillet over medium-high heat, sauté the shredded jackfruit with cumin, chili powder, and paprika until fragrant for about 2 minutes.
2. Add the broth and lime juice and continue cooking until liquid is absorbed and jackfruit is lightly browned for about 5 more minutes. Season with salt and pepper.
3. Warm the tortillas according to package instructions.
4. Divide the jackfruit carnitas among the tortillas and top with shredded cabbage, onion, cilantro, and a squeeze of fresh lime juice.

* Makes 4-5 servings (2 tacos per serving).



Roasted Chickpea & Tzatziki Avocado Toast



Who doesn't love a good avocado toast? This savory breakfast with smoky roasted chickpeas and creamy tzatziki brings a plant-powered party to the start of your day, making you feel energized and ready to take on anything.

INGREDIENTS

Roasted Chickpeas:

- 1 (15 ounce) can chickpeas, rinsed and drained
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon kosher salt
- 1/4 teaspoon turmeric

Tzatziki Sauce:

- 1/2 of 1 large cucumber
- 1 teaspoon salt
- 1 cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 1 1/2 teaspoons fresh dill, minced

Avocado Toast:

- 4 slices bread
- 2 large avocados
- Juice of 1 lemon
- Salt (to taste)
- Pepper (to taste)

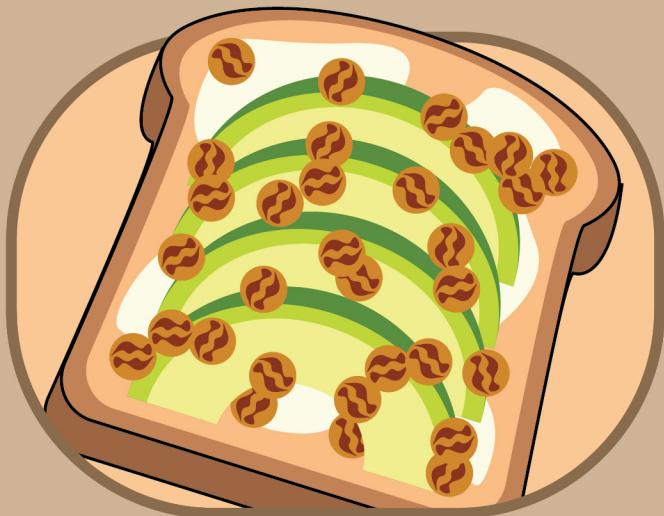
DIRECTIONS

1. Preheat oven to 400°F.
2. In a medium bowl, combine chickpeas, olive oil, cumin, garlic powder, smoked paprika, salt, and turmeric. Stir until chickpeas are well coated.
3. Place on a large baking sheet and roast the chickpeas for 25-30 minutes (until chickpeas are crispy).
4. While the chickpeas are roasting, make tzatziki sauce.
5. Cut the ends off the cucumber, slice in half lengthwise, and remove the seeds. Grate remaining cucumber into a bowl and add salt.
6. Place salted cucumber in a strainer over a bowl and let stand for at least 15 minutes. Squeeze the cucumber to remove as much liquid as possible and discard liquid.
7. Combine drained cucumber with remaining ingredients in a large bowl and set aside.
8. To make avocado toast, remove the pits from the

avocados and discard. Scoop out the avocado with a spoon and place in a medium bowl. Add lemon juice and mash with a fork. Season with salt and pepper.

9. Spread the mashed avocado onto the toast slices. Top with roasted chickpeas and drizzle on tzatziki sauce.

* Makes 4 servings.





Physical Exercises

Who else dreads working out? We know it’s hard to get started, but trust us: you’ll feel great inside and out by the time you’re done! Plus, you’re helping out your liver by preventing conditions such as fatty liver disease. To help you get started, we’ve gathered a fun mix of exercises at varying intensities. From walking to swimming to HIIT, we have you covered as you work your way to a healthier and stronger you!

Let’s work on our stamina!

Fat Burning: Cycling.....	Page 39
Stamina Training: Steady State Cardio.....	Page 39

Let’s build up our strength!

Strength Building: Resistance Training.....	Page 40
Strength Training: A Simple Daily Walk.....	Page 40

Let’s get moving with cardio!

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Let’s try being more flexible!

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Fat Burning: Cycling

It may be the end of the year, but you can still hop on a bike and start cycling! Cycling is a fantastic way to get outdoors and take in some vitamin D while getting a full-body workout. **Cycling targets your:**

- **Lower Body:** Strengthens your quadriceps, hamstrings, calves, and glutes.
- **Core:** Engages your abs and obliques as you balance and steer.
- **Upper Body:** Works your arms and shoulders as you grip the handlebars.



Benefits:

- **Endurance:** Builds stamina and boosts energy levels.
- **Cardio Boost:** Improves your cardiovascular health.
- **Weight Management:** Burns calories and helps maintain a healthy weight.
- **Low Impact:** Gentle on the joints, perfect for all fitness levels.

Remember to start gradually and listen to your body to avoid overuse injuries. Wear proper gear (like a helmet and padded shorts) and ensure your bike is in top condition for a smooth ride. Aim to cycle 3-5 times a week, with each session lasting 30 minutes to an hour. Your heart and muscles will thank you!

Stamina Training: Steady State Cardio

Steady state cardio is a low-intensity cardiovascular workout that can help you increase your overall stamina. The goal during your workout is to keep your heart rate at around 50-65% of your maximum.

Some benefits of steady state cardio include:

Benefits:

- **Heart Health:** With improved blood flow, this exercise can reduce stress and your risk for heart disease.
- **Fat Burning:** This workout aids in fat loss and boosted stamina.
- **Recovery:** Low-intensity training allows for easy recovery, especially after a more difficult workout.

For this workout, you can swim, cycle, jog, walk briskly, use the elliptical or rowing machine or any other type of cardio you can think of! Because you will be exercising with a lower heart rate, this workout requires a longer session of around 45-60 minutes, depending on your overall fitness goals.

Strength Building: Resistance Training

In its many forms, resistance training is always a type of exercise that is performed against some kind of physical resistance. This resistance can take the shape of body weight, dumbbells, weight machines, and more. **Some benefits of resistance training include:**

Benefits:

- **Muscle Building:** With consistent training, muscle strength often increases significantly after just 2-3 sessions (about 30 minutes each) of resistance exercises.
- **Bone Strength:** Resistance training increases bone density, reducing the risk of fractures and osteoporosis.
- **Mobility & Flexibility:** The movement accompanied by strength training helps reduce stiffness and alleviate symptoms of arthritis.

Aim to perform resistance training at least a couple of times per week for 30 minutes to begin building up your strength. Be sure to know your limitations and to have a friend spot you when lifting weights - remember, safety first!

Strength Training: A Simple Daily Walk

Walking can be more of a workout than you might think! **Some benefits of walking you might not have known about are:**

Benefits:

- **Stronger Bones:** Walking can actually increase bone density and slow bone loss! This is due to how every step that you take on hard pavement strengthens your bones because they must work harder than normal to uphold your body weight.
- **Improved Digestion:** Walking at a steady pace can activate your digestive system and speed up the process of passing food and toxins to your small intestines. Hello detoxing!



To take your walking game to the next level, play around with speed intervals and inclines, or try using wrist or ankle weights for strength training purposes. You have the power to amp up the intensity of your walk whenever you want!

Fat Burning: Interval Training



Often known as high-intensity interval training (HIIT), this form of cardio is a simple way to quickly burn high amounts of calories. **Some benefits of interval training include:**

Benefits:

- **Calorie Burning:** On average, HIIT burns 20-30% more calories than other forms of cardiovascular exercise.
- **Efficiency & Convenience:** Interval training workouts usually range from 10-30 minutes, allowing for great results without being time-consuming.
- **No Equipment Needed:** Many HIIT workouts can be completed at home without any form of machinery or equipment.

Simply select your exercise of choice (running, cycling, etc.) and your time intervals (e.g. sprinting for 45 seconds, jogging for 2 minutes, then repeating for the duration of your workout) to build the ideal workout for your physicality and fitness goals - it's that easy!

Cardio Workout: Swimming



Not only is jumping in the pool a great way to cool off and relax, but it is also a fantastic form of full-body exercise for all fitness levels. Due to the lack of stress it puts on the body, swimming is easily adaptable; it can provide both low-impact cardio or a high-intensity workout. Regardless of where you are in your fitness journey, swimming is a simple way to build endurance, cardiovascular health, and overall strength.



It can also improve your:

Benefits:

- **Coordination:** Simultaneous movement from both arms and legs are required in swimming; this can help you learn how to better coordinate movements from multiple body parts.
- **Flexibility:** The range of motion from swimming, along with water resistance, can help you become more flexible.
- **Posture:** Swimming can help strengthen the muscles around your spine.

Perhaps one of the best qualities of swimming is its accessibility; you can swim just about anywhere! Be sure to check that your location of choice is safe for swimming and that there is a lifeguard on duty, then jump in for an enjoyable full-body workout!

Flexibility Practice: Yoga



Did you know that yoga can actually assist your liver in flushing out toxins? Studies have proven that yoga can improve liver health and prevent liver diseases. Yoga is also readily available as you can easily find instructional videos and photos online. All you need to get started is a yoga mat, towel, or blanket and a quiet space. **Benefits of yoga include:**

Benefits:

- **Improved Flexibility & Strength:** Yoga includes a variety of poses that strengthens muscles and promotes flexibility.
- **Reduced Stress:** Steady breathing during yoga has shown to reduce stress, anxiety, and depression.
- **Improved Cardiovascular Function:** By lowering your blood pressure during sessions, yoga can improve your overall cardiovascular health.

Here are some examples of yoga poses that you can use:

Legs Up The Wall

- Put your yoga mat, towel, or blanket down in a quiet place next to a wall.
- Lie down on it with your back flat and your legs facing the wall.
- Get comfortable by relaxing your shoulders.
- Lengthen your legs skyward and lean them against the wall or keep them at a 90-degree angle from your body.
- You can stay in the pose for 2-20 minutes, depending on your preference.

Fold Forward

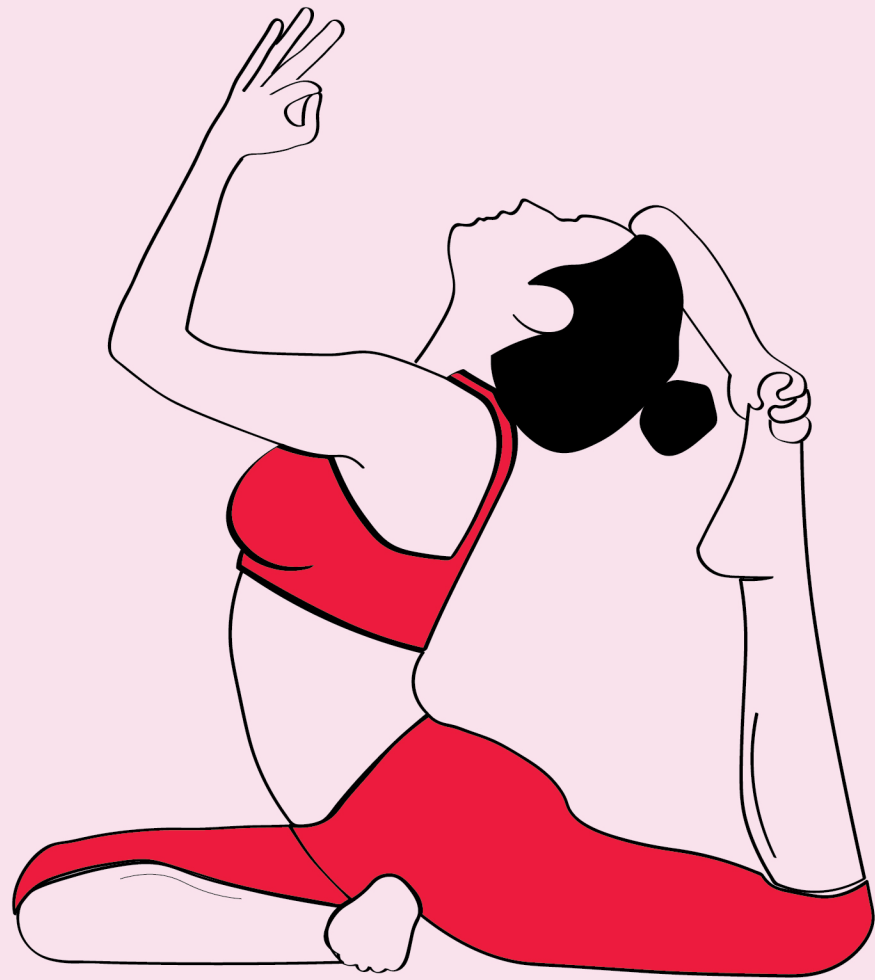
- Stand with your feet right below your hips.
- With a relaxed bending of the knees, lean forward with your head hanging downward.
- If you are able to, touch the floor or hold your legs or elbows.
- Hold the pose for about one minute while controlling your breath.
- Slowly bring your body back up to a standing position.

Cat-Cow Pose

- Start on your hands and knees on top of your mat, towel, or blanket.
- Position your wrists directly under your shoulders and your knees under your hips.
- Inhale and arch your back bringing your pelvis up, opening up your chest and looking forward.
- Exhale and curving your back outward, pulling your abs in and looking down toward your chest.
- Repeat as many times as you like.

Flexibility Practice: Yoga

Regular exercise is a key player in boosting your immunity, keeping your lymphatic system in check, and preventing fatty liver disease. For a more calming workout, try some yoga poses that work to stimulate your liver and digestive system.



Sage Twist

- Sit on the floor with both legs stretched straight out.
- Bend your left leg toward you and move your torso toward your left knee.
- Wrap your right arm around your left knee. Stay in position for a few seconds, then switch sides.

Shoulder Stand Pose

- Lie on the floor with your legs over your head so that your toes are near your shoulders.
- Put your hands on your lower back and stretch your feet straight into the air.
- Hold for a few seconds, then ease back down.

Mental Exercises

Remember: mental health matters just as much as physical health! You must look after your mind regularly – just like your body! Take care of yourself on the inside and on the outside so that you can live a long, healthy life. By practicing this variety of exercises, you can live stress-free and full of joy.

If you want to practice mindfulness...

- Accepting Meditation.....Page 45
- Walking Meditation.....Page 45

If you want to become grounded...

- 5-4-3-2-1 Method.....Page 46
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If you want to try being proactive...

- Prepare for the Future.....Page 47
- Vision Board.....Page 47

If you need more gratitude in your life...

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Mindfulness: Accepting Meditation

Insecurities and negative thoughts can eat away at your overall mental health, which is why it is important to accept yourself as you are in this moment with this **Accepting Meditation**. Take about 5-10 minutes to sit still, close your eyes, and focus on the present moment.

Step 1

Be aware of your breathing. Notice the thoughts racing through your mind and accept them as they come without judgment.

Step 2

Bring awareness to your physical being and the changing of your posture. Feel your muscles contract and relax. Be present for every breath and sensation.

Step 3

When you are ready, open your eyes slowly and take in your environment. Try to accept these feelings and yourself as you are now.

Mindfulness: Walking Meditation

Feeling scatter-brained and agitated? Use this simple exercise to calm your mind and bring greater awareness to your inner self. This meditation practice can be done indoors or outdoors, preferably somewhere quiet and solitary.

Step 1

Set a timer for two minutes, and walk slowly in one direction until the timer is up. While you walk, focus on the sensations that you experience. How does the floor feel under your feet? Are there any aches and pains in your body? What colors do you notice around you? Take note of these various observations until your timer is up.

Step 2

Reset your timer and look for new observations until you return to your starting point. When you've completed your walk, take a deep, cleansing breath to conclude your meditation.

Maintaining awareness of yourself and your surroundings in the present moment can help prevent emotions and stressors from becoming too overwhelming. Rather than devolving into a place of hyper-fixated anxiety, accessing this state of mindfulness provides an opportunity to physically and emotionally relocate oneself into a place of peace and healthy awareness.

Grounding: 5-4-3-2-1 Method

When life gets overwhelming, it can be hard to stay in the present moment and not get lost in your thoughts. This grounding method can bring you back into a calmer and more present headspace.

Make an effort to notice things you do not always consider, like the chirping of birds outside or the feeling of the fabric on your chair. Being present and observing the little things can help ease anxiety and racing thoughts. Use this grounding method when you feel overwhelmed, as it can help ease those uncomfortable thoughts and feelings.

- 5 List 5 things you hear.
- 4 Notice 4 things you see.
- 3 Feel 3 things you can touch.
- 2 Bring attention to 2 things you can smell.
- 1 Acknowledge 1 thing you can taste.

Grounding: Emotional Visualization

Feeling caught up in anxiety, stress, or a swirling myriad of negative emotions? Try this grounding technique to help alleviate those overwhelming emotions.

Step 1

Close your eyes and do your best to list out all of the negative emotions that are crowding your mind. Visualize those words (e.g. "stress," "anger," "frustration") in your mind's eye.

Step 2

Imagine yourself gathering up those words into a ball until you can hold them in your arms. Place those emotions in an imaginary box, waste basket, or other storage location.

Step 3

Imagine yourself walking away from those emotions and back to your task at hand. Take a deep breath, and, when you're ready, open your eyes.

This exercise may not resolve those tumultuous emotions, but this visualization tool can help remove distracting thoughts from your mind until you are ready to address them. There is certainly a healthy time to work through those emotions, and this practice can assist you in focusing on the present moment until that time comes.

Proactive: Prepare for the Future

Preparing for the future is a great way to achieve long-term success! In the Wellness Journal pages provided toward the end of this guide, set a realistic health goal for the future. It could be a goal to lose weight, a goal to work on your mental health, or a goal to improve your strength - anything to help improve your overall health.

- 1 Start by writing down a specific goal. For example: exercising at least 30 minutes a day for five days a week or meditating every morning.
- 2 Make sure your goal is measurable so you can track your progress. Write down when and how you wish to achieve your goal.
- 3 Assure that your goal is achievable. Write down all the equipment and resources that you have and are able to acquire to complete your goal.
- 4 Confirm that your goal is relevant to you. Write down why you want to complete this goal.
- 5 Create a plan that is time-bound; having a set end date can help you accomplish your goal. Regularly check your progress and tell friends and family about this goal you set for yourself so you can be held accountable.

Being proactive with your intentions will pay off in the long run, and you will most likely see the results you desire. If you already have set a goal, take a moment to go over your progress and note how you can make any improvements or changes.

Proactive: Vision Board

The practice of creating a vision board is a widely-recognized tool that greatly aids in proactive goal visualization and completion. Especially for those that learn best with a visual aid, a vision board can be revolutionary for brainstorming, outlining, and achieving one’s health goals. In its simplest form, a vision board is a collage of images that speak to the various goals that a person has, but the creative possibilities are endless!

- ### Step 1

Select your medium of choice (online collage maker, magazine cutouts, craft paper, etc.) for your vision board, and obtain the necessary components.
- ### Step 2

Think about the various health and lifestyle goals that you’ve made for yourself. If you haven’t made any yet, now is the perfect time! Once you’ve thought of them, write them down for reference.
- ### Step 3

Select images that correspond with your personal goals and arrange them into a collage as you desire. For example, if your goal is to eat vegetables with every meal, add some images of meals with vegetables that you enjoy. There is no right or wrong way to assemble your vision board; simply allow your creativity with these visual arrangements to remind you of why these goals are important to you.

Visualizing the achievement of your goals in this manner is a fantastic, proactive step in making these aspirations a reality. We recommend placing your vision board in a location that you see frequently to allow for a consistent reminder of the goals that you’re working toward.

Gratitude: Gratitude Letter

Without other people in your life to support you, life could be very difficult. That’s why in this exercise you will be writing a gratitude letter to someone who you think has greatly impacted your life for the better.

- ### Step 1

Write a handwritten letter or email and write as though you are directly speaking to the person you are thankful for.
- ### Step 2

Describe what this person has done for you to make you grateful for them.
- ### Step 3

Describe what you are doing in life now and include how often you remember them and their generosity.

While writing, don’t worry too much about grammar or spelling unless you plan to send the letter to them. It is up to you whether or not you want to send the letter to the person. Either way, it is a great exercise to reflect on the kind people in your life.

Gratitude: Gratitude Jar

Learn to embrace the practice of gratitude with a simple yet powerful tool: the gratitude jar. The only supplies required are a jar (or alternative container), paper, a pen, and whatever decorations you would like to adorn your jar with.

- 1 Find and decorate your jar. Allow your creativity to shine! There is no right or wrong way to decorate your gratitude jar; your only objective should be to make its appearance pleasing to you.
- 2 At the end of each day, think of three things that you experienced throughout your day that you are grateful for. It can be something as simple as your daily cup of coffee, a compliment you received from a coworker, or the color of the sunset. Once you’ve picked your three items, write them down on individual slips of paper and place them in the jar.
- 3 Repeat this practice at the end of each day, and watch the jar begin to fill!

By repeating this practice daily, you will naturally cultivate a consistent practice of expressing gratitude for even the most simple of things. Over time, you will eventually have a large collection of reasons to be thankful for the people, events, and opportunities in your life. If a day comes where you feel particularly down, reach into your gratitude jar for a pick-me-up!

Beyond the 30 Days

Building a lifestyle of holistic wellness takes discipline and consistency, and this reminder often discourages people from committing to new diet and exercise changes. But don't worry! Part of our mission to bring you lasting health and wellness is providing you with scientifically-backed methods on how to maintain an effective and sustainable routine.

1. Set Specific Goals: Vague objectives quickly become discouraging, as tracking progress often becomes abstract or nearly impossible. On the other hand, clear goals tend to create greater motivation and consistency, making our tasks more achievable.

2. Record Your Progress: Tracking your nutrition, fitness, and mental wellness is a fantastic way to watch your new habits grow into long-lasting ones. Record the meals you eat, take progress photos in the gym, and journal about your experience. As time passes, take time to reflect on your growth!

3. Stay on Track: There will be times when we break our routine or fall short of one of our goals, and that's okay! The key is to not allow this hiccup to bring our wellness journey to an end. Review the progress you've made so far and pick up where you left off.

4. Reward Yourself: Making consistent lifestyle changes is certainly a challenge, and implementing a rewards system can aid the longevity of your routine. Find fun ways to celebrate achieving your health goals to increase your motivation and make the process more enjoyable.

How to Love Your Liver Even More

Wondering how to provide extra care for your liver? Here are some additional ways to help support your liver and prevent conditions such as fatty liver disease:

1. Have a Balanced Diet: Try upping your intake of fruits, vegetables, whole grains, and lean meats while keeping sweets and red meat to a minimum.

2. Maintain a Healthy Weight: Fat that builds up in the liver can be harmful. Exercising daily can keep your overall body fat down and out of your liver.

3. Manage Any Current Health Conditions: If you have diabetes, high cholesterol, and/or high blood pressure, it's important to stay on top of them and manage them well.

4. See Your Doctor Regularly: Meeting with your doctor or medical provider annually can help keep your overall health in check and provide the opportunity to receive a liver function test.

5. Know Your Family History: If a member in your family has had liver disease and/or liver cancer, you are more likely to get one or the other as well. Be sure to have an updated history, especially before heading into an annual doctor's appointment.

6. Limit Alcohol Consumption: Alcohol can be rough on the liver. Don't binge drink, and make sure to stay hydrated and have some food in your stomach if you do choose to partake in alcoholic beverages. If you currently have fatty liver disease, it's best to completely stop consuming alcohol.

7. Join a Community: Don't deal with fatty liver disease on your own! Find communities, whether in person or online, to connect with others who are currently (or have been) in a similar situation as your own and gain support, not to mention advice and resources.

8. Reduce Your Risk of Hepatitis: Hepatitis is an inflammation of the liver - it's a disease that affects millions worldwide and has several types (such as A, B, C, D, and E). There are currently only vaccines for types A and B, so to avoid your risk of hepatitis, you should:

- Get vaccinated for hepatitis A and B
- Avoid consuming undercooked or raw meat
- Practice safe sex
- Avoid taking medications or drugs in excess
- Wash hands with soap thoroughly and frequently
- Avoid contaminated food or water
- Limit alcohol consumption
- Avoid sharing needles or razors
- Ensure sterile equipment is used when getting tattoos or piercings

Learn About Our Clinical Study

We've recently released our clinical study to the public on our revamped website in October 2024. Here are some of the highlights:

In our study, The Plug was found to:

- Decrease AST and ALT levels by **15.77%** and **22.50%**, respectively, in **7 days**
- Lower Total Cholesterol by **3.55%** and LDL Cholesterol by **6.47%** in **7 days**
- Reduce common "hangxiety" symptoms in **150 minutes**
- Lower BAC levels by **18.43%** in **30 minutes**

Check out our study in more detail over on our website:

<https://theplugdrink.com/pages/the-science>



frontrowMD

✓ Sika



Join the #PlugFAM!

If you and your liver loved these recipes and exercises, we hope you join the **PlugFAM!** Dive deeper into The Plug and the realm of liver health when you join our Facebook Group.



If you're wanting something extra, consider joining our Rewards program, where you can earn store credit for future purchases on our website, or our Brand Ambassador program, where you can **earn up to 10% commission** for every successful referral.

Come and connect with
your liver's sidekick!



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Who is FrontrowMD?

FrontrowMD is a company that enables clinicians to build a personalized discounts page for their patients, and their tracking data indicates that over 500 clinicians have included The Plug product on their online page, out of hundreds of product options.

Are these clinicians being paid?

No — clinicians are never compensated. FrontrowMD offers a free platform for clinicians and patients, and these clinicians include products (like The Plug) on their personalized discounts pages to benefit their patients.

Who are these clinicians?

They are medical professionals such as doctors, nurse practitioners, physician associates, and more who include products on their personalized discounts page.



You can click the FrontrowMD badge on our website or check out our FrontrowMD page linked below to view the names of clinicians/medical practices who are actively sharing The Plug on their pages. FrontrowMD also showcases the number of clinicians who work together at medical practices around the country and choose to share a single page for their practice instead of creating separate pages for each clinician.

How do we know clinicians shared The Plug?

When you click on 'Preview' on the FrontrowMD badge on our page, you'll be taken to those clinicians' pages and you can confirm that they have included The Plug.

The clinicians' patients are the only ones who can shop on their clinician's page. Additionally, clinicians can request through their "Getting Started" form that FrontrowMD add products to their page for those clinicians to review and remove if they wish. Lastly, FrontrowMD defines "shared" as products not being removed from the personalized page, and clinicians indicating on their submitted form that they intend to make their page available to patients (like through leaving out 'Savings Cards' with QR codes that link to the personalized page), regardless of the number of products they keep/remove and the number of patients who choose to visit these pages.

You can view The Plug's FrontrowMD page here:

<https://app.thefrontrowhealth.com/general-store/brand-501/all?store=The+Plug+Drink&sort=featured>

What is Sika Health (HSA/FSA)?

Taking care of your liver health can be easier than you think. We recently partnered with Sika Health so that customers can use funds from their Health Savings Account (HSA) and/or a Flexible Savings Account (FSA) on The Plug products. Here's how it works:

1. See if you pre-qualify for an LMN

Chat with a certified healthcare provider to evaluate if you qualify for an LMN (Letter of Medical Necessity).

2. Get your LMN and make your purchase

With your LMN, choose Sika at checkout and make your next The Plug purchase.

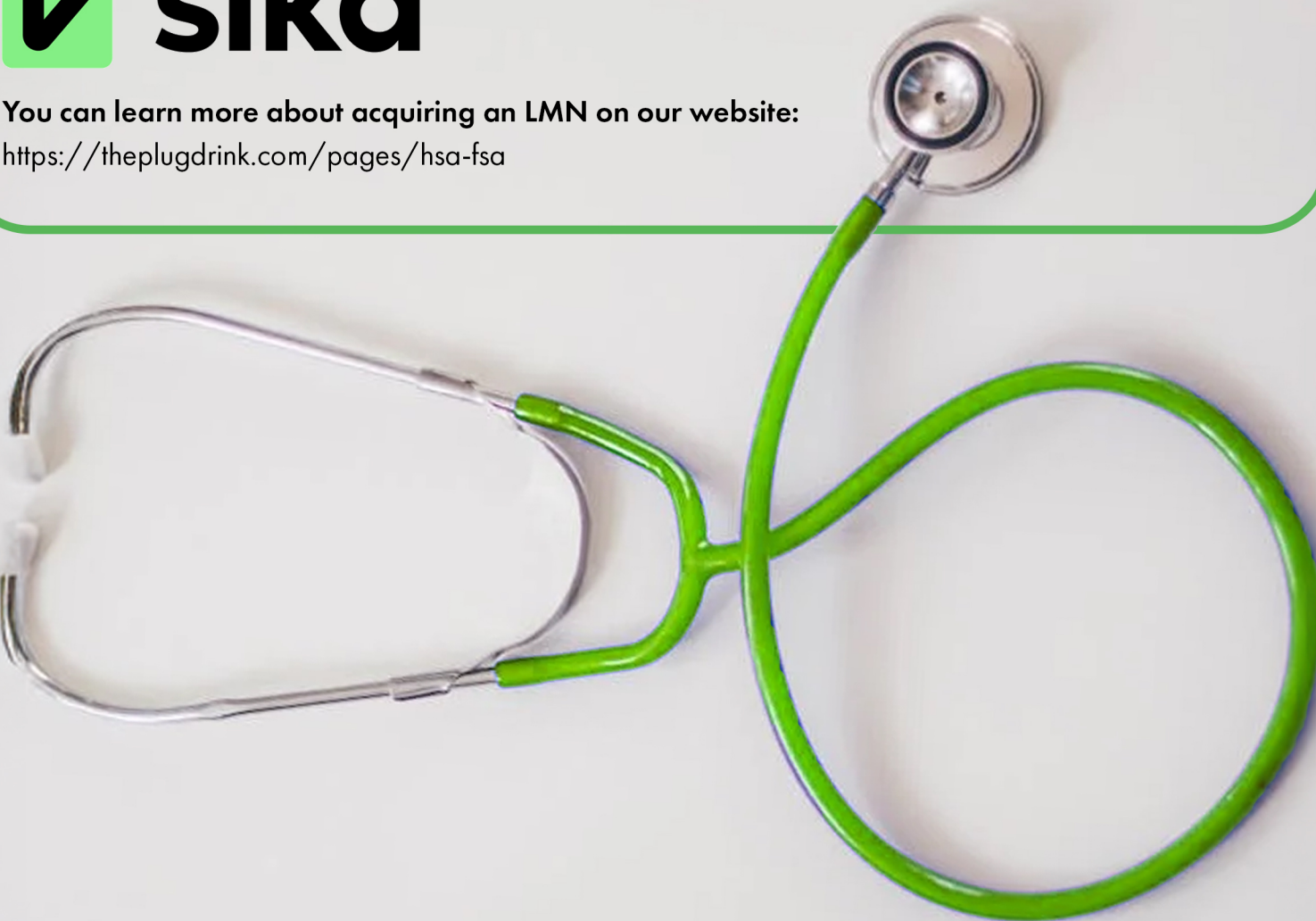
3. Get reimbursed

Sika will email your receipt and next steps for substantiation.



You can learn more about acquiring an LMN on our website:

<https://theplugdrink.com/pages/hsa-fsa>



Wellness Journal

Lined area for journaling on the left page.

Wellness Journal

Lined area for journaling on the right page.

Wellness Journal

Journal page with 20 horizontal lines for writing.

Wellness Journal

Journal page with 20 horizontal lines for writing.

Wellness Journal

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Thank You, PlugFAM!

Healthy Habits in 30 Days: Liver Recovery & Wellness with The Plug would not have been possible without your support. We wanted to do something special for our Plug family, and we thought that a 30-Day Wellness Guide would be the perfect treat for you to start off 2025 with.

We all need to be looking after our health better – inside and out. This first edition ebook provides you with several ways to do so, even if you wish to stick to your current routine or diet. We hope that you do take the time in 2025 to try out one of our mocktails or meal recipes or workout routines. Maybe they'll become a part of your daily routine!

**With love,
The Plug**

2014

Ray Kim
Co-Founder & CEO



Justin Kim
Co-Founder & COO



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease

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