



AWAKENING



FERTILITY

with Fiona Boulton

Gain control of your journey with

PREPARE FOR PREGNANCY WORKBOOK

with Fiona Boulton

VIDEO 1



Gain control of your journey with
PREPARE FOR PREGNANCY
WORKBOOK

VIDEO 1

Make your own notes as you listen

To join our most popular course with over 80% success rate, see
www.awakeningfertility.com/fertile-lifestyle-course

Prepare For Pregnancy Workbook 1

Refer to the end of the workbook for all links and products discussed

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Prepare For Pregnancy Workbook - Video Links

CONTACT

For direct support, reach out to us with any questions you may have: support@awakeningfertility.com to book your 1-to-1 private consultation with Fiona Boulton.

You can book here - <https://awakeningfertility.com/consultation/>

Or if you are a newsletter subscriber and have not yet had your complimentary consultation, sign up here - <https://awakeningfertility.com/newsletter>.



Amrita Nutrition - <https://www.amritanutrition.co.uk/> For 10% off all practitioner products, email us requesting your 10% discount with Amrita Nutrition (the website for registered practitioners only, but Fiona Boulton is sharing her discount with all her clients so you can have access to these products too).

Contact - support@awakeningfertility.com

Body brushing video available on the Online Fertile Lifestyle Course - <https://awakeningfertility.com/fertile-lifestyle-course/>

Meridian body brushing - <https://youtu.be/t0WmFNmFzaE>

Castor Oil Kit - <https://powerfullypure.com/products/castor-oil-kit>

MSM - <https://powerfullypure.com/products/msm>

Marine Phytoplankton - <https://powerfullypure.com/products/marinephytoplankton>



[Castor Oil Kit](#)



[MSM](#)



[Marine Phytoplankton](#)

Prepare For Pregnancy Workbook - Video Links

Awakening Fertility Articles – <https://awakeningfertility.com/articles/>

Powerfully Pure's Medical Grade Fertility Honey -

<https://powerfullypure.com/products/medical-grade-whole-beehive-honey>



Fertility Honey

Real Manuka Honey - <https://www.comvita.co.uk/>

QiYoga Fertility DVD -

<https://powerfullypure.com/products/fertility-yoga-qiyoga-for-fertility>

Mind Mastery through the Online Fertile Lifestyle Course -

<https://awakeningfertility.com/fertile-lifestyle-course/>

Baby on a Budget -

<https://awakeningfertility.com/baby-on-a-budget-interactive-support/>

Marine Phytoplankton -

<https://powerfullypure.com/products/marinephytoplankton>

eVitCi - <https://powerfullypure.com/products/evitci>



Marine Phytoplankton



eVitCi

Learn more about Tao with the Online Fertile Lifestyle Course -

<https://awakeningfertility.com/fertile-lifestyle-course/>

Prepare For Pregnancy Workbook - Video Links

Fertility Meditations explained –

<https://awakeningfertility.com/fertility-meditations/>

Certified Elite Shungite EMF Blocking Tumble Stones -

www.powerfullypure.com/products/shungite-tumblestones



Certified Elite Shungite EMF Blocking Pyramids -

www.powerfullypure.com/products/shungite-pyramid



Awakening Fertility Meditations -

<https://powerfullypure.com/products/awakening-fertility-meditation-trilogy>

QiYoga Fertility DVD -

<https://powerfullypure.com/products/fertility-yoga-qiyoga-for-fertility>



[Meditation CDs](#)



[Qi Yoga Fertility DVD](#)

Powerfully Pure Candles -

<https://powerfullypure.com/products/candle-bundle>



Prepare For Pregnancy Workbook - Video Links

Qi Gong – <https://powerfullypure.com/products/fertility-qi-gong>

Cell Spiralling Meditation with the Online Fertile Lifestyle Course –
<https://awakeningfertility.com/fertile-lifestyle-course/>

For information on Kangen Water Machine, contact us on:
support@awakeningfertility.com

Powerfully Pure Sacra Essential Oil –
<https://powerfullypure.com/products/essential-oil-sacra>

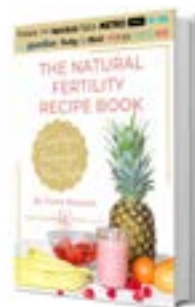


Sacra Oil

More information on the points system with the Online Fertile Lifestyle Course
– <https://awakeningfertility.com/fertile-lifestyle-course/>

Castor Oil Kit – <https://powerfullypure.com/products/castor-oil-kit>

Recipe Books – <https://powerfullypure.com/products/eating-with-the-seasons-recipe-book-collection> and <https://powerfullypure.com/products/the-natural-fertility-recipe-book-easy-vegan-recipes-for-busy-people>



Become Baby Ready Course –
<https://awakeningfertility.com/baby-on-a-budget-interactive-support/#become-baby-ready>

Buddhist Meditation in the Online Fertile Lifestyle Course –
<https://awakeningfertility.com/fertile-lifestyle-course/>

Prepare For Pregnancy Workbook - Additional Links + Info

Medical grade Sacra oil -

<https://powerfullypure.com/products/essential-oil-sacra>

Awakening Fertility YouTube Channel -

<https://www.youtube.com/awakeningfertility>

Become Baby Ready Course -

<https://awakeningfertility.com/baby-on-a-budget-interactive-support/#become-baby-ready>

Family Tree Fertility Mediation To Clear Ancestral Blocks: (Guided Transmutation Meditation) from my Awakening Fertility YouTube Channel -

<https://www.youtube.com/watch?v=RKveqvbiwbQ>

For discounted practitioner quality supplements, I have an account set up for you to receive a 10% discount (this is a lifetime discount). There are many great products available from supplements to shampoos and everything in between. Not everything is 100% suitable for fertility but feel free to ask Amrita's support staff or post the link with ingredients into my private FERTILITY HELP facebook group for 100% complimentary advice and guidance.

For now, you may like to consider their:

- SLIPPERY ELM by Vital, it works wonders at keeping your digestive system healthy -
<https://www.amritanutrition.co.uk/products/slippy-elm-bark-powder-175g-vital>
- DIGESTIVE ENZYMES: to support digestion -
https://www.amritanutrition.co.uk/collections/gastrointestinal-digestive/products/support-digestion-90-vcapsules?fbclid=IwAR3YDSOwWZoN7O_3LyRRXbhK-kiQLV9luOMat4ng4O6N1krQ-Q7YrC_x3jk
- CoQ10 CAPSULES -
https://www.amritanutrition.co.uk/products/super-ubiquinol-with-bio-pqq-100mg-30-softgels?fbclid=IwAR0eR4EhxETzsTfPGRqI59Noo5z7IDoGVlKKRuWJU5PPAqe3bo47_ZsRiUg
- CoQ10 & UBIQUINOL EXPLAINED -
<https://awakeningfertility.com/2015/05/over-40-ubiquinol-is-better-than-coq10/>
- UBIQUINOL & DHEA -
<https://awakeningfertility.com/2015/05/dhea-and-coq10-treatment-option-everyone-should-be-doing-for-fertility/>

Prepare For Pregnancy Workbook - Additional Links + Info

- DHEA is no longer available from our stockists. Please speak with Fiona for further advice on these products.
- MYO-INOSITOL -
<https://www.amritanutrition.co.uk/products/myo-inositol-powder-454-grams>
- SERRAPEPTASE -
<https://www.amritanutrition.co.uk/products/serretia-pure-serrapeptase-250-000-spus-180-capsules>
- COLLAGEN -
<https://www.amritanutrition.co.uk/search?type=product&q=marine+collegen>

Top 5 reasons this collagen came up best based on my research:

1. It is easily absorbed
2. 100% wild
3. The ingredients are pure: Wild-caught Marine collagen (Type 1) 7500mg
4. Sustainably caught fish off the coast of France
5. A rich source of amino acids such as Glycine and Proline that are commonly low in most other protein sources



Powerfully Pure Supplements & Superfoods (The cleanest source of organic and wild food grade supplements using plant-power-medicine)
<https://powerfullypure.com>

From the Powerfully Pure shop we covered the benefits of [Fulvic Minerals](#) to re-mineralise your water with essential minerals, elements, prebiotic and probiotic. Our product is so potent you only need 7 drops a day!

100% organic, antimicrobial cloth: [Castor Oil Kit](#) to regenerate follicles / eggs / womb as well as detox liver / balance hormones and regulate cycle/ ovulation

Prepare For Pregnancy Workbook - Additional Links + Info

Shungite Crystal (Clearing EMF's like WiFi)

Marine Phytoplankton (Rich in protein, 18 essential amino acids, Omega's, folate - a great multivitamin for fertility and pregnancy. 100% organic and bio-available, sourced from the cleanest water on the planet)



Shungite



Marine Phytoplankton

MSM (100% organic sulphur from Pine Trees)



Thai Black Ginger (Anti-inflammatory, prepares womb for pregnancy, 100% organic, wild and bio-available)



Zen Sacred Cacao with Superfoods (great ingredient to drink as a 'hot chocolate' or add to smoothie - one of the ingredients in the Smoothie recipes below.



Prepare For Pregnancy Workbook - Additional Links + Info

The 30 Day Awakening Fertility Detox Guide for recipes and supergreens is only available to those who sign up for the newsletter.

30 Day Awakening Fertility Detox Guide for recipes and supergreens -
<https://awakeningfertility.com/30-day-fertility-detox-challenge/>

If you are interested in availing yourself of the 30-day Detox guide, please sign up for the Awakening Fertility Newsletter.

Simple & Speedy Smoothies and Super Salads - Fiona Boulton

Supergreens we recommend for smoothies:

1. eVitCi - <https://powerfullypure.com/products/evitci>
2. Deluxe Double Strength Detox -
<https://powerfullypure.com/collections/all-supplements-for-her-1/products/deluxe-double-strength-detox>
3. Get the full detox supply of superfood powders and meditations here
<https://powerfullypure.com/products/copy-of-30-day-basic-fertility->

3 Fantastic Fertility Fit Exercise Routines: Fertility Qi Gong, Fertility Yoga + Fertility Qi Yoga (instantly downloadable across all your devices) -
https://vimeo.com/awakeningfertility/vod_pages?fbclid=IwAR0rbk1i5WDI7guG83vBU-wVc86DrIHxSN2-t5VcZFxy-nwAah3DtBVQXys

Epigenetics, What's It All About? - Enjoy these 3 videos which elaborate on what I have discussed in the Prepare for Pregnancy Course to date -
<https://awakeningfertility.com/2016/11/epigenetics-what-is-it-all-about/>



The advertisement features a woman with long, wavy brown hair and a red smile, pointing her right index finger towards the text. To her left is a collection of white and black supplement containers. Above the containers is a circular logo with a stylized flame or drop shape inside. Below the logo, the text reads "POWERFULLY PURE" in a serif font, followed by "15% OFF FIRST PURCHASE" in a bold, sans-serif font. The background is a soft, golden-yellow gradient.

<https://powerfullypure.us4.list-manage.com/subscribe/post?u=04c1286f4132376b8096d486f&id=7c888de112>