



AWAKENING



FERTILITY

with Fiona Boulton

Gain control of your journey with

PREPARE FOR PREGNANCY WORKBOOK

with Fiona Boulton

VIDEO 11





Gain control of your journey with

PREPARE FOR PREGNANCY WORKBOOK

with Fiona Bullen

VIDEO 11

*Make your own notes
as you listen*

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

Prepare For Pregnancy Workbook 11

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>.



Learn more about Mind Mastery in the Online Fertile Lifestyle Course - <https://awakeningfertility.com/fertile-lifestyle-course/>

Meditation Playlist on Awakening Fertility YouTube Channel - https://youtube.com/playlist?list=PLcwHjhLgh62fPe83y6fqE310ld5_QnB0j

Powerfully Pure's Castor Oil Cleanse Kit - <https://powerfullypure.com/products/af-castor-oil-kit-with-anti-microbial-cloth-organic>



Why not try the 30 Day Fertility Detox from Awakening Fertility - <https://awakeningfertility.com/2021/01/30-day-fertility-detox-challenge/>

Effects of Alcohol On Fertility on Awakening Fertility Youtube Channel - <https://youtu.be/y7kCMzujfHo>



Prepare For Pregnancy Workbook - Video Links

For Fertility Supplements go to the Powerfully Pure Range -

<https://powerfullypure.com/>

Best Oils For Fertility on Awakening Fertility YouTube -

<https://youtu.be/G3vRaCNksfE>



Do Plastics Inhibit Fertility on Awakening Fertility YouTube -

<https://youtu.be/jDE29k6cADw>

Effects of Meat On Fertility on Awakening Fertility Youtube -

<https://youtu.be/BCfipu0Frag>



Fiona's recommended company for buying the best meat - Any company that sells organic, free-range, hormone-free, grass-fed, humanely killed meat.

For the list of Full Moon dates, visit -

<https://awakeningfertility.com/2017/08/castor-oil-kit/>

Light Cycle Treatment -

<https://awakeningfertility.com/2015/08/light-cycle-treatment-for-regulating-menstrual-cycle-creating-regular-periods/>

Prepare For Pregnancy Workbook - Video Links

Learn in depth about the Light Cycle Treatment in the Online Fertile Lifestyle Course - <https://awakeningfertility.com/fertile-lifestyle-course/>

Powerfully Pure Castor Oil Cleanse Kit -

<https://powerfullypure.com/products/af-castor-oil-kit-with-anti-microbial-cloth-organic>

Powerfully Pure's Thai Black Ginger -

<https://powerfullypure.com/products/thai-black-ginger>

Powerfully Pure's MSM Organic Sulphur -

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

Powerfully Pure's Shine Vitamin C -

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



Powerfully Pure's Marine Phytoplankton -

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

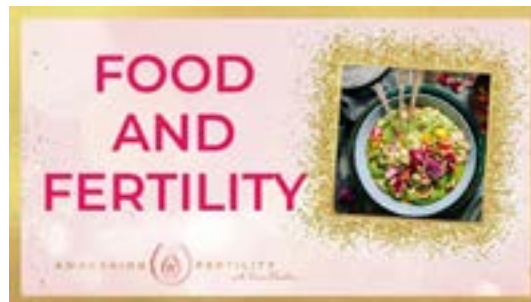
For 10% off at <https://www.amritanutrition.co.uk/> contact Fiona Boulton at fiona@awakeningfertility.com

Fiona's list of non-organic food recommendations for when you can't find organic or wild foods - <https://awakeningfertility.com/the-dirty-dozen-fruits-and-vegetables-to-avoid-when-ttc>

Prepare For Pregnancy Workbook - Video Links

Fiona's list of non-organic food recommendations for when you can't find organic or wild foods -

Food and Fertility on Awakening Fertility YouTube -
<https://youtu.be/LpHHgqqGOHg>



Powerfully Pure's Fulvic Minerals -

<https://powerfullypure.com/products/prebiotic-and-probiotic-fulvic-minerals>



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