



AWAKENING



FERTILITY

*with Fiona Boulton*

*Gain control of your journey with*

# PREPARE FOR PREGNANCY WORKBOOK

*with Fiona Boulton*

## VIDEO 13





*Gain control of your journey with*

## PREPARE FOR PREGNANCY WORKBOOK

*with Fiona Bullen*

## VIDEO 13

*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](http://www.awakeningfertility.com/fertile-lifestyle-course)

## Prepare For Pregnancy Workbook 13

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

## Prepare For Pregnancy Workbook 13

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

To join our most popular course with over 80% success rate, see  
[www.awakeningfertility.com/fertile-lifestyle-course](http://www.awakeningfertility.com/fertile-lifestyle-course)

## Prepare For Pregnancy Workbook 13

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

## Prepare For Pregnancy Workbook 13

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

To join our most popular course with over 80% success rate, see  
[www.awakeningfertility.com/fertile-lifestyle-course](http://www.awakeningfertility.com/fertile-lifestyle-course)

## Prepare For Pregnancy Workbook - Video Links

### CONTACT

For direct support, reach out to us with any questions you may have: [support@awakeningfertility.com](mailto: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>.

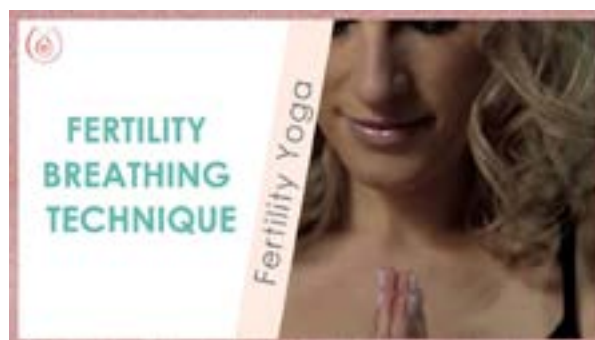


Online Fertile Lifestyle Course -  
<https://awakeningfertility.com/fertile-lifestyle-course/>

Powerfully Pure's Qi Gong for Fertility -  
<https://powerfullypure.com/products/fertility-qi-gong>

Find all of Fertility Qi Gong videos in the Fertility Yoga YouTube Playlist -  
<https://youtube.com/playlist?list=PLcwHjhLgh62dU4tFchDSWN0n8itOtgwd7>

Fertility Breathing Techniques videos on Awakening Fertility YouTube -  
<https://youtu.be/31ilerbki7o>



Or join the Online Fertile Lifestyle Course for more detailed information and guidance on breathing techniques - <https://awakeningfertility.com/fertile-lifestyle-course/>

## Prepare For Pregnancy Workbook - Video Links

Powerfully Pure's Castor Oil Cleanse Kit - <https://powerfullypure.com/products/castor-oil-kit>



Powerfully Pure's Thai Black Ginger - <https://powerfullypure.com/products/thai-black-ginger>



Meditation Playlist on Awakening Fertility Youtube Channel - [https://youtube.com/playlist?list=PLcwHjhLgh62fPe83y6fqE310ld5\\_QnB0j](https://youtube.com/playlist?list=PLcwHjhLgh62fPe83y6fqE310ld5_QnB0j)

Powerfully Pure's MSM Organic Sulphur - <https://powerfullypure.com/products/msm>



Get a personalised meditation to suit your needs in the Online Fertile Lifestyle course - <https://awakeningfertility.com/fertile-lifestyle-course/>

Start the Sacred Fertility Formula series here - <https://awakeningfertility.com/baby-on-a-budget-interactive-support/#sacred-fertility-formula>

Start the Become Baby Ready series here - <https://awakeningfertility.com/baby-on-a-budget-interactive-support/#become-baby-ready>



## Prepare For Pregnancy Workbook - Video Links

Start the Master Key to Fertility course here -

<https://awakeningfertility.com/baby-on-a-budget-interactive-support/#master-key-fertility>

For Fertility Supplements, visit - <https://powerfullypure.com/>

Please refer to each product's directions for use. You can enjoy Ashwaghandha and Chaga within the organic Powerfully Pure range -

eVitCi supergreens drink powder -

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

Revive summer supergreens drink powder -

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

Tonic Chai drink powder -

<https://powerfullypure.com/products/tonic-chai-powder>

Zen Sacred Cacao for optimal living drink powder -

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

Seed Cycling video on Awakening Fertility Youtube video -

<https://youtu.be/8L14W9-eTN0>



Powerfully Pure's MSM Organic Sulphur -

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

Powerfully Pure's Heavy Metal Detox -

<https://powerfullypure.com/products/heavy-metal-detox>



## Prepare For Pregnancy Workbook - Video Links

Link to Biona Organic - <https://biona.co.uk/>

Acid and Alkaline chart - Available in the downloadable section of the Awakening Fertility Online Fertile Lifestyle Course. Sign in to access and download!

Superfoods, Salads and Smoothies - mentioned above in WEEK 1.

Start the Become Baby Ready series here -

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



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