



AWAKENING



FERTILITY

*with Fiona Boulton*

*Gain control of your journey with*

# PREPARE FOR PREGNANCY WORKBOOK

*with Fiona Boulton*

## VIDEO 5





*Gain control of your journey with*

## PREPARE FOR PREGNANCY WORKBOOK

*with Fiona Baulton*

## VIDEO 5

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

## Prepare For Pregnancy Workbook 5

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](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>.



Powerfully Pure's QiYoga for Fertility -

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

Powerfully Pure's Qi Gong for Fertility -

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

More information on the points system can be found in the Online Fertile Lifestyle Course - <https://awakeningfertility.com/fertile-lifestyle-course/>

Powerfully Pure's Marine Phytoplankton -

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



Powerfully Pure's Fulvic Minerals -

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





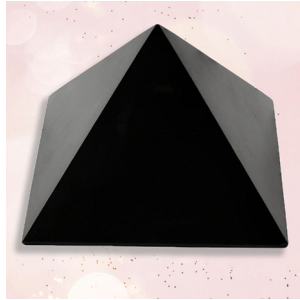
## Prepare For Pregnancy Workbook - Video Links

QiYoga and Qi Gong videos on the Awakening Fertility Vimeo -

<https://vimeo.com/awakeningfertility>

Powerfully Pure's Shungite Pyramid -

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



Effects of Microwaves on Fertility Awakening Fertility Youtube video -

<https://www.youtube.com/watch?v=9MtL2qzC0Pw>



Effects of BPA on Fertility - <https://www.youtube.com/watch?v=jDE29k6cADw>



'The Disappearing Male' (aka 'Where have all the Boys Gone') documentary

- <https://topdocumentaryfilms.com/the-disappearing-male/>

Fiona Boulton's articles about Plastics and BPA -

<https://awakeningfertility.com/2017/12/the-unknown-list-of-egg-womb-sperm-and-chromosomal-health-boosters/>

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



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## Prepare For Pregnancy Workbook - Video Links

Powerfully Pure's Sacra Essential Oil -

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



Powerfully Pure's Miracle Oil -

<https://powerfullypure.com/products/organic-miracle-oil>

Three epigenetic articles that Fiona sent out - <https://awakeningfertility.com/2016/11/epigenetics-what-is-it-all-about/>



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