

*"I urge anyone who no longer wants to struggle with fertility to do Fiona's program.  
It works and I couldn't be happier."*

ALICIA W. · LAWYER, 48

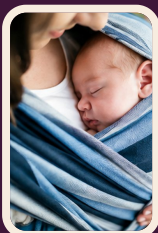


# The Fertile Lifestyle Method

*How the 90-day course and Anytime Fertility Coach (Fiona AI) can  
optimise your fertility alongside IUI, IVF or ICSI*

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A COMPLIMENTARY GUIDE FROM  
AWAKENING FERTILITY · FIONA BOULTON



SUPPORTING FERTILITY SUCCESS FOR WOMEN AND COUPLES SINCE 2007

# Your miracle can happen too

For nearly 20 years, Fiona Boulton has been one of the world's leading and original fertility experts — helping women and couples who have been told their chances are low, their time has run out, or that nothing more can be done.

She is especially known for helping women when IVF has failed, infertility remains unexplained, or they have experienced miscarriage, chemical or ectopic pregnancy, failed implantation, or years of unsuccessful attempts to conceive naturally.

**In a short period of time, Fiona earned and maintained the reputation as ‘the Miracle Maker.’**

Fiona began her career as a Japanese medical translator at a leading London private hospital, developing a deep appreciation for medical science, precision and patient care. In 2007 she founded Awakening Fertility, pioneering an integrated, personalised approach built on her unique epigenetic methodology — work that led to an invitation to base her office to consult from Harley Street, London's world-renowned medical district, where her contribution to women's fertility has been recognised for more than a decade.

*Rather than overwhelming people with complicated protocols, Fiona focuses on small, sustainable lifestyle tweaks that become effortless to maintain and, together, can make an extraordinary difference.*

## This guide is precisely for you if

- 💧 You are preparing for IUI, IVF or ICSI and want to feel steady at every stage, with lifestyle guidance that works alongside your clinic, never in place of it.
- 💧 You are between cycles, or recovering after a cycle that has not succeeded, and want to rebuild before your next attempt.
- 💧 You are navigating a complex journey — adenomyosis, low AMH, chemical or ectopic pregnancies, DOR, endometriosis, failed implantation, fibroids, high FSH, PCOS, miscarriages, unexplained infertility, conceiving over 40 or conceiving over 50.
- 💧 You are already pregnant — the journey does not end at a positive test, Fiona's success rates are based on live births so her approach continues with you, trimester by trimester.

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*Partners are warmly included — this journey belongs to both of you.*



## Fertility optimisation — alongside IUI, IVF or ICSI

Wherever you are in your treatment, the methodology, designed for you, meets you there — before, during and between cycles.

THE COURSE AND THE ANYTIME FERTILITY COACH CREATE YOUR OWN FERTILITY BLUEPRINT



### How the course supports your treatment

- A companion to your clinical treatment, to help optimise your fertility for success.
- All the benefits of the natural course, specifically aligned to your assisted journey.
- Mind mastery support before and between cycles.
- Deeply nourishing, anti-inflammatory eating for the extra demands treatment places on your body.
- Clean living guidance that gradually reduces hormone-disrupting chemicals at home, lowering the load on a body already working hard.
- Gentle, restorative movement that supports circulation to the reproductive organs without depleting you.
- Hormone balancing that begins with calming your stress response — because elevated cortisol strains the whole hormonal cascade.
- Nutrition, rest and stress care that support a calm, well-nourished environment around embryo transfer or any treatment.

### Stage by stage, it walks with you

- Before your cycle begins — nutrition, steadying routines and mind mastery work that prepare body and mind for the demands ahead.
- During stimulation — deep nourishment rather than restriction, with gentle movement in place of high-intensity exercise.
- Around retrieval and transfer — recovery support, warming and easily digestible foods, and calm practice either side of transfer.
- The two-week wait — rest, warmth and daily meditation support, with Fiona-AI there at 2am when worry peaks.
- After a result, positive or negative — compassionate, forward-looking support for whatever comes next.
- Between cycles — using the 90-day window for the deepest rebuilding, so your next attempt begins from stronger foundations.
- At every stage — ask Fiona-AI any question before, during and after treatment, day or night.

The six programme themes, applied with particular attention to the demands of an assisted fertility journey — guidance that works alongside your clinic, never in place of it. IVF, ICSI, IMSI, IVM or IUI: whichever route your clinic recommends, the preparation beneath it is the same.



*“Many thanks to Fiona’s programme for making it happen and preparing me for the IVF process. She made my body and mind strong so we fell pregnant first time we tried IVF.”*

REBECCA S. · PETERSFIELD, ENGLAND · GAVE BIRTH AT 37



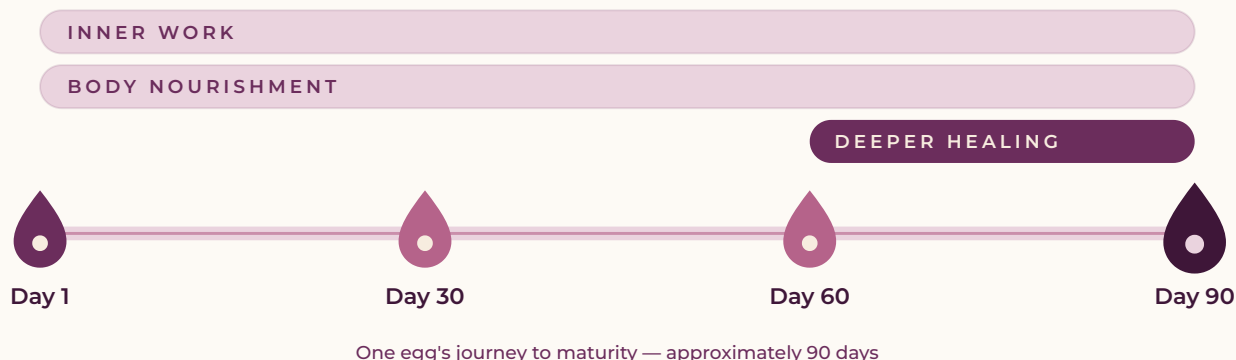
# The 90-day method

The Fertile Lifestyle Course is structured as a 90-day programme and this timeframe is not arbitrary. It is based on the science of epigenetics: the evidence that gene expression can be modified by lifestyle choices and that meaningful cellular change occurs over approximately three months.

Your egg takes approximately 90 days to mature from a primordial follicle to a mature, ovulable egg (mature oocyte). What you do during those 90 days (what you eat, how you move, how you sleep, how you manage stress, what you think), directly influences the quality of that egg. This is why consistency over 90 days creates fundamentally different outcomes than sporadic effort.

Your genes are not your destiny. You were born with a fixed set of genes, but the expression of those genes, (which are switched on and which are switched off), is fluid, dynamic and directly influenced by how you live: by nutrition, blood flow, sleep, stress hormones and the toxins you are or are not exposed to.

Ninety days is enough time to create real, measurable shifts in your hormonal environment, your energy levels and your cellular health — provided you show up consistently, not perfectly. Every supportive choice you make today is already creating change at a cellular level, even if you cannot feel it yet.



Inner work and body nourishment run through the whole 90 days, with deeper healing building in the final weeks, one day at a time. Each day is anchored by a simple morning and evening routine: mind mastery, movement, eating plans and environmental awareness, formulated into a personalised rhythm that your body comes to anticipate and respond to.

Every element is designed to epigenetically optimise your fertility health as you prepare your body and mind for treatment, whether this is your first cycle or you are rebuilding between attempts, because it is uniquely tailored to your requirements and what you need to succeed.



## Six Epigenetic Themes

Fertility is not a single organ function — it is the total expression of your health and vitality. That is why the course addresses six distinct but interconnected areas of your life at the same time, woven into a daily lived experience rather than a checklist.

### 1 Fertility Mind Mastery

Structured, evidence-informed practices that retrain how your nervous system relates to your fertility — easing the stress response that works against conception.

You will learn a series of techniques to discover that your limiting invisible blocks are (mental or emotional or both) and how to work consciously with your sub-conscious mind to create new neural pathways.

Fiona believes when you master your mind you can master your body and your life: a philosophy that has earned her world-wide popularity and an ever-increasing demand for her fertility expertise.

### 2 Nutrition & Clean Eating

Fertility requires abundant energy and the right nutritional building blocks. Learn how to create a whole-food, organic-where-possible diet centred around nutrient-dense fertility foods that protects against inflammation and oxidative stress.

You will discover how to navigate histamines and lectins, identify where your diet may be lacking and choose highly bioavailable supplements that work effectively. You will also learn how to read food labels with confidence all tailored around your likes (not dislikes). Tools include numerous 100+ page recipe book collections covering gluten-free, paleo, keto, carnivore, vegan and other dietary approaches, ensuring there is something to suit everyone's taste.

### 3 Clean Living & Detoxification

A gradual, sustainable audit of your home and personal care routine, reducing endocrine-disrupting chemicals and lowering your body's toxic load. You will have your detox pathways assessed to support optimal functioning and metabolising of hormones.

### 4 Enjoy Being Fertility Fit

Move your body in ways developed specifically for fertility — supporting blood flow to the reproductive organs and releasing held tension, while supporting the para-sympathetic nervous system. No more confusion around what exercises to do: from the best types of yoga to do (and avoid), weight training, cardio and more. At all times you get to choose which therapeutic exercises (including medical martial arts) you enjoy the most.

### 5 Hormone Balancing

Practical support for the hormonal choreography fertility depends on — through food, sleep, stress care and condition-specific guidance.

### 6 Stress Management

Specific, evidence-based techniques that shift your nervous system out of chronic stress response — woven through every part of the programme.

Each theme has its own dedicated module, resources and practices inside the 90-day course.

#### WHY PREPARATION MATTERS

However sophisticated the procedure, your body remains the environment for everything that follows: the embryo still has to implant, your hormones still have to support it, and a calm nervous system supports the blood flow and receptivity that implantation asks of you. Everything you do across the six themes to nourish, calm and strengthen your body is the preparation your treatment sits upon.



# Your fertility coach, any hour you need her

Fertility questions rarely arrive at convenient times. They surface at 3am in the middle of a two-week wait, on the drive home from a clinic appointment, or on a Sunday evening when the internet offers forty contradictory answers. 'Fiona-AI' is the name we have given the world's first Anytime Fertility Coach — she exists to support you in exactly those moments.

Every answer comes from one place: Fiona's own body of work — the complete Fertile Lifestyle Course, her condition-specific protocols, her library of guided meditations and the accumulated insight of nearly two decades of one-to-one and group coaching. This finely tuned approach has meant consistently high success rates for women and couples who complete the course, earning recognition on a global scale.

-  Ask anything about your fertility journey and receive evidence-informed, holistic guidance in Fiona's approach — day or night.
-  Built exclusively on Fiona's own teachings — not the open internet — so the guidance you receive is hers, and only hers.
-  Aware of where you are in the course, so its answers meet you there — reinforcing what you have just learned and helping you make sense of how each piece fits your situation.
-  Honest about its limits: where a question genuinely needs clinical judgement, it says so plainly and points you towards the right support.

## Honest, private and safe by design

Fiona-AI never diagnoses or prescribes, and always signposts your doctor or clinic for medical decisions.

You will always know you are talking with AI — Fiona-AI is a companion built on Fiona's work, not Fiona herself, and not a medical professional.

Conversations are private and encrypted, never sold or used for advertising. You can export or delete your data whenever you choose.

## Inside the Fertile Lifestyle Course

### We know you are busy.

You may already feel overwhelmed by your fertility journey, short on time and tired of wondering whether you are doing the right thing. You do not need another complicated protocol, more decision fatigue or hours spent searching Dr Google trying to work out what applies to you. You do not need another course you never complete or coaching that fails to give you the 360-degree physical, mental and emotional support you are seeking.

You want answers, but with hand-holding guidance. You want simplicity without overwhelm and a clear, direct pathway towards your fertility goals.

**That is exactly what the Fertile Lifestyle Course is designed to help you do.**

Over the years, women from hugely varied backgrounds have joined the course: doctors, embryologists, lawyers, teachers, entrepreneurs, authors, mothers experiencing secondary sub-fertility and women from many cultures and countries. Naturally, everyone learns differently. Some prefer videos or reading, or both, this is what the Fertile Lifestyle gives you: options.

Everything is at your fingertips, so you can tailor your pathway around your individual needs, preferences, time and lifestyle choices. The goal is not to overhaul your entire life. Often, it is about identifying where your fertility may be losing valuable energy and making small, achievable changes.

Fertility requires abundant energy, so we want to help you stop unnecessarily draining your life-force energy and begin rebuilding it physically, mentally and emotionally. This is not about sacrifice, hard work or another enormous list of things you “should” be doing.

**It is about solutions, simplicity, ease and enjoyment.  
Small, manageable changes that work with your life rather than taking it over.**

The Fertile Lifestyle Course helps fill in the physical, mental and emotional blanks so you can stop guessing, feel supported and move forwards with greater clarity and confidence, with small tweaks that make phenomenal biological shifts. This is the easiest way to change your physiology.

Everyone is different, so you can choose how you learn, how deeply you explore each subject and how much support you need along the way.

*“Fiona, thank you for helping me prepare my body and mind for the treatment that made this beautiful baby possible.”*

DAWN W · OFFICE MANAGER · NSW, AUSTRALIA · GAVE BIRTH AT 36



## THE FERTILE LIFESTYLE COURSE

*“I recommend making time for Fiona’s Fertile Lifestyle program. The techniques for relaxation and balance are ones that I will use for life.*

*As for results, well I’m writing this testimonial in the joyous knowledge that I’m pregnant. It’s not a miracle (as I was told by doctors just this morning!) it’s down to the work Fiona has put into transforming my approach to health of mind and body. I can’t thank you enough Fiona.”*

ANN Q · SENIOR FINANCIAL SERVICES MANAGER, INVESTMENT BANKING, LONDON ·  
GAVE BIRTH TO HER SECOND CHILD AT 38

*As Fiona says: “With the right support you can always succeed.”*

### YOUR NEXT STEP

## Begin your fertile lifestyle today

Book your free 15-minute consultation at [fionaboulton.youcanbook.me](https://fionaboulton.youcanbook.me), or send a WhatsApp message to +44 7989 400586 — whichever feels easier. You can also begin with Fiona-AI in your own time at [fertilelifestylecourse.com](https://fertilelifestylecourse.com).

**Book your free 15-minute consultation**

**WhatsApp +44 7989 400586**

**Get Started with The Anytime Fertility Coach: Fiona AI**

### MEDICAL DISCLAIMER

This guide is provided for general education and information only. It is not a substitute for the personal advice of your doctor, and nothing in it should be read as diagnosis or treatment. Always seek the guidance of your own clinician with any questions about your health, a medical condition or your treatment, and never disregard or delay seeking professional medical advice because of something you have read here. If you are managing a health condition, please speak with your clinical team before changing your nutrition, supplements, movement or lifestyle. Individual circumstances differ, and outcomes are not guaranteed.

Coaching is educational and works alongside any medical care.

The Anytime Fertility Coach: Fiona-AI is an AI companion. Information and support, not medical advice.

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