

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

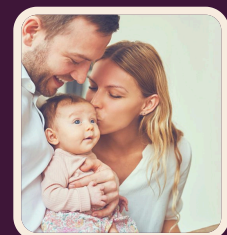
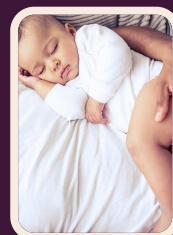
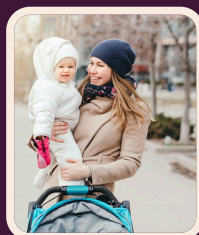
ALICIA W. · LAWYER, 48



The Fertile Lifestyle Method

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

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 trying to conceive naturally and want the daily foundations of fertility wellbeing (nourishment, rest, movement, cycle awareness and calm), tailored to your circumstances, not generic rules.
- 💧 You are preparing for IVF, IUI 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 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.

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



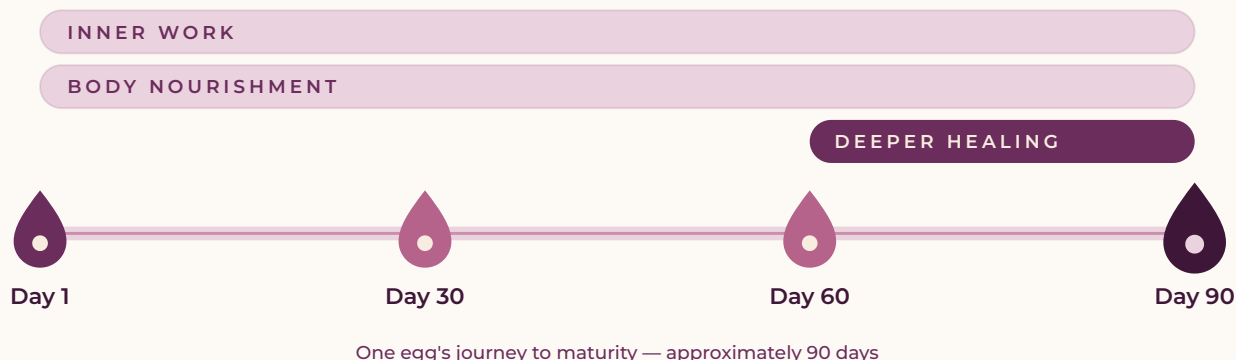
The 90-day method

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, whether you are conceiving naturally or alongside assisted reproductive treatment (ART) 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.

"I met Fiona when I was single, after 1 failed round of IVF and 2 failed IUIs. Fiona helped me manifest my fiancée and when we tried naturally on our third attempt we fell pregnant with our first child. He was 50 and I was 45. Not bad after the IVF clinic told me I would never be able to have my own children and should consider a donor. Thank you Fiona, your powerful strategies are really enjoyable. I loved my fertility journey with you, your care and your kind-heartedness. Thank you for helping me have my happy baby boy."

LILY K · TEACHER, LONDON · HAD HER CHILD AT 46



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.

Fertility optimisation — naturally or alongside ART

Wherever you are on the journey, the methodology, designed for you, meets you there — and moves with you.

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



Trying naturally

- 💧 Nourishing egg quality across the 90-day maturation cycle.
- 💧 Supporting hormonal balance so that ovulation is regular and robust.
- 💧 Creating a receptive uterine lining through nutrition, circulation and reduced inflammation.
- 💧 Addressing cycle irregularities through lifestyle, nutrition and stress management.
- 💧 Supporting your partner's sperm health through the Help for Him section.

Alongside IUI, IVF or ICSI

- 💧 A companion to your clinical treatment, to help optimise your fertility for success.
- 💧 All the benefits of the natural course, aligned to your assisted journey.
- 💧 Mind mastery support before and between cycles.
- 💧 Nutrition, rest and stress care that support a calm, well-nourished environment around embryo transfer or any treatment.
- 💧 Dedicated support for the two-week wait.
- 💧 Compassionate, practical, forward-looking guidance when a cycle has not gone the way you hoped.

The same six themes, applied with particular attention to the demands of an assisted fertility journey — supportive lifestyle guidance that works alongside your clinic, never in place of it.

Inside the Fertile Lifestyle Course

We know you are busy. You are probably already overwhelmed by the fertility journey, short on time and tired of wondering whether you are doing the right thing.

- 💧 You do not need another complicated protocol.
- 💧 You do not need more decision fatigue.
- 💧 You do not need to spend hours going down the wrong path, searching Dr Google or trying to work out what applies to you.
- 💧 You do not need to invest in another course that you either do not complete or that does not even work for you.
- 💧 You do not need to keep paying for coaching that a/ does not seem to get you the results you are seeking or b/ does not give you the 360-degree approach you want.

- 💧 You want answers.
- 💧 You want hand-holding guidance.
- 💧 You want simplicity without overwhelm.
- 💧 You want a clear, direct pathway towards the outcome you are seeking.
- 💧 You want to achieve your fertility goals in the fastest, most enjoyable way possible.

That is exactly what the Fertile Lifestyle Course is designed for — to help your body shift physically while also supporting you mentally and emotionally, with greater ease and grace.

The course meets you where you are.

Over the years, women from an extraordinary variety of backgrounds have joined the course: doctors, embryologists, psychologists, therapists, lawyers, school teachers, entrepreneurs, authors, celebrities, mothers experiencing secondary sub-fertility and women from many other professions, cultures and countries. Naturally, they do not all think, learn or implement information in the same way.

Some women love watching videos. Some prefer reading. Some love meditations and Mind Mastery. Some want practical mental and physical exercises. Others are happiest making changes through nutrition, supplements, movement and lifestyle. Some want all of the above. Your own preferences may even change from month to month depending on your personality, your energy, your mood, your available time and what is happening in your life.

That is why the Fertile Lifestyle Course gives you options. You are not expected to do everything. You do not have to watch every video. You do not have to read every document. You do not have to listen to every meditation. You do not have to follow somebody else's perfect routine. Everything is there so your pathway can be tailored around your individual needs, preferences, desires and lifestyle.

The aim is not to overhaul your entire life. Often, it is about discovering where your fertility may be losing valuable energy and making small, achievable tweaks that can create a significant difference.

Where are you leaking energy?

- 💧 Is it overthinking and the negative thinking that can follow?
- 💧 Is it your sleep?
- 💧 Is it your diet?
- 💧 Are you exercising in a way that supports your body or depletes it?
- 💧 Are you taking supplements that are actually right for you based on your diet, physiology and test results?
- 💧 Are there invisible mental or emotional blocks keeping your nervous system in survive mode?
- 💧 Or is it simply a little bit of everything that needs adjusting?



Simplicity without overwhelm

Fertility requires abundant energy, so the goal is to help you stop unnecessarily draining your life-force energy and begin rebuilding it physically, mentally and emotionally. This is why the course is not about sacrifice. It is not about hard work. It is not about adding another enormous list of things you “should” be doing. It is about solutions, simplicity, ease and enjoyment. Small, manageable changes. The right changes for you. Changes that work with your life rather than taking it over. When you enjoy what you are doing and it feels achievable, your nervous system has far more opportunity to move away from survive mode and towards thrive mode.

That is where we want you. Feeling nurtured. Feeling supported. Feeling empowered. Feeling clear about what to do next.

The Fertile Lifestyle Course is designed to fill in the physical, mental and emotional blanks so you can stop guessing and begin moving forwards with confidence. It is about helping you create greater ease and grace while activating your fertility physically, mentally and emotionally. Everyone is different, so you can choose how you learn, how deeply you want to explore each subject and how much support you need along the way. Inner work and body nourishment run through the whole course, with deeper healing building as you go — and it is flexible enough to revisit any module at any time.

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, 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.

[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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