

Infertility Journey with Matt and Brittani Miller

Sharon Brubaker & Erica Honore
Grief Specialists

Sharon ([00:01](#)):

Dealing with infertility and all the complicated emotions that come with it can seem impossible. And when you first learn that your reproductive challenges that you have them, it's understandable. You've been trying to get pregnant for so long. And you've finally begun to realize that this may never become a reality for you before you can accept this, you have to feel it grieving in fertility is not simple, and it is truly a grief, nor is it a linear process. And as our guests is going to share with you, sometimes you have to suffer in silence because many people don't get it or understand it.

Erica ([00:41](#)):

Good Morning, everyone. Welcome to our special podcast. We are highlighting infertility as Sharon said, so many struggle with this, and we have two very important guests today, Brittany and Matt Miller, which is Sharon's daughter and son-in-law my niece and nephew in law. Welcome to the podcast.

Britanni Miller ([01:04](#)):

Thank you so much. We're so excited to be here.

Matthew Miller ([01:07](#)):

Happy to be here.

Sharon ([01:10](#)):

Okay. Brittany share with, cause I don't even know the answer to this now that I think about it. When did you first realize that this was really becoming a problem and, and like, like wait, I'm having trouble here.

Britanni Miller ([01:23](#)):

So it's funny because I, I had decided that I wanted to have kids and I wanted to do all the things on the front end. So like the month that I decided I was going to like start trying, and I started working with my sister who was a do list. She was like, okay, you need to time your cycles, which I had been doing for months already. So I was already timing my cycles. I went that month to see my primary care physician and my OB GYN to say, I'm ready to have kids. What do I need to do? These are the vitamins and supplements I take is all of this. Okay. Like I literally from day one have had like the medical advice involved and it was like, it was a very directed process for me. So that's why I can know exactly how many months I've been doing this. So I went into see the doctor, everything looked good on the up and up as far as like the first level of, okay, you're ready to start, try and get it going. And it was probably about like, I feel like every single month, because I knew I was doing 100% of the things, like I was tracking my cycle, I was measuring my body temperature every single day with the bracelet. I was taking all the vitamins that you need to take. I had seen the doctors. So I think for me, it was sooner that I was like, okay, this is a problem. This is not going to go as planned. Even though I feel like everyone in my family is fertile. I never expected that I would have this issue. So probably about six to eight months after the doctor's appointments. And I'm talking to my sister and like, okay, but I'm, I'm doing all of that. And every time I would check in and research and watch YouTube videos and people be like, here's how you get pregnant fast. And here's how I got pregnant in my first month. And I'm watching all this stuff and it was like, okay, but I'm doing all of that. I'm taking all of that. I'm doing all of these things and why isn't this working? And it just so happened that my husband also struggles with anxiety. So I was like, okay, he's going to need to get the sperm analysis very early on. So that was something that we tested

very early on. So we knew he was not part of the problem. And it was like, okay, I'm, there's something wrong here because the numbers that they gave me that he has an everything they're telling me, everything looks good on my end. Something is very wrong. And when we started to do the medicated cycles and even that wasn't working, it's just like every single month, like the weight of it just gets heavier and heavier and heavier.

Sharon ([03:54](#)):

I wasn't expecting this to be emotional. So Matt, infertility is absolutely a grief that a lot of couples experience and it's the reoccurring grief. And I think that's, what's so deep. It's the reoccurring grief that happens month after month. And as Brittani said, in one of her videos, you have to pee on everything. So you're peeing on the stick and it's still coming out negative. How has that been from a man's perspective?

Matthew Miller ([04:28](#)):

Well, I mean, I think it's like Bernie was saying, it's like, you could either be a man or a woman and it could be who is it leaning on? And I feel like that's kind of the thought behind it. And it's like, well, why are we having an issue? Where is the issue? You know, unfortunately like Bernie took on a lot of that and this situation, but I know that men can feel that way in another situation if it's them. So, I mean, it could feel like you're paralyzed in a sense, in a nutshell, but I think just what the process of her going through it and seeing her through it, it just, you know, it's, doesn't make you feel great every single time to where someone could have their hopes up and just feel defeated over and over and over and for doing it for so long now, because now we're almost three and a half years or so of ongoing with this. Like it just it's tearing her apart in a sense. But then also at the same time, I feel like, you know, some people will have to feel strong and I know that's one of those big words where it's like, okay, like I need to be strong for my wife or I need to be there for my wife in these type of situations. But you know, it's like, you can only do so much too, but when you're feeling it and you're feeling defeat, like you just kind of go down that train with her and ride it with her. But at the same time, it's hard to keep that positive mindset of like, okay, is eventually it's going to happen. It's it's, you know, and people are like, Oh, they can get better or this is going to happen. Or it could just, you know, as soon as you forget about it, it just happens. Like, you know, and we've been hearing that a lot, but it's like how many other people are going through that battle, you know? And I think that's kind of where we're at. I feel that for me personally, just it's you know, it was discouraging in a certain space cause like you have these hopes and you have used dreams and it's, you know, I think just as a guide too, sometimes you just want your, your little buddy or, you know, your daughter or whatever you want. So it's like kind of figuring that out. It's just like, okay, maybe it's not a possibility. Like, you know, and it's like, wow. It's like, Hey, like, well everyone's always been for centuries. It's like, you have to carry on the name. You know what I mean? It's like, okay, I'm a Miller. Like I have to pass this on. Like, I think that's the guy mentality in a situation. Yeah. But maybe that unravels differently for everyone. So I don't know. But that's from, from what I've like captured in my life, that's the thought process for me?

Erica ([06:34](#)):

No, I'm not. I think that's really big because like when, when Lou, when we lost the boys, that was the thing that was the end of his namesake right there. And that was the big focus from his perspective. Because I think like you said, society puts so much pressure on carrying on the name. It must feel like everyone, you know, and even people, you don't know, friends of friends everyone's pregnant right now. It must feel like,

Britanni Miller ([06:57](#)):

Oh my God, it is so intense. And it's like, I don't know if anyone has experienced this. There's a name for it. I forget the name. But it's like, when you buy a new car and you're like, Oh my gosh, I'm getting the Honda CRV. And like, nobody has this car. And then as soon as you start driving it, you're like, Oh my God, did everyone go buy this car after I bought this car? But you just start noticing it. So I don't think I noticed it as much when it wasn't like part of my journey. But now that it's part of my journey. And I'm also in the age group that everyone is just pregnant. Like I was in the age group that everyone started dating at the same time. Now everyone's getting married and now everyone's having kids. And I'm actually in the phase where everyone is where everyone's having their second kid now. So I'm, I have like surpassed everyone, having their first kid. And I'm onto round two, which before, when it wasn't like my time to have kids, I would tell all my friends and my best friends, like, okay, I'm going to catch you on round two. And I missed everybody's round two. And now they're two and three years old on their second kid. And I still don't have one. And it's, it's especially difficult when people younger than you, people that weren't even trying that got pregnant on accident. People that like, we just had this whole group of young marrieds at church that I was the first one. Cause I was the oldest one in the group. I was the first one to start on my fertility journey. And pretty much they knew about it. Like, yeah, we're, we're ready to start our family and we're going to have kids. And they all now have children, all older children too. So one, two years old and some of them are a couple months, but it's like, that's, it feels so unfair to me. Cause it's like, they, they didn't even want it for as long as I wanted it. Like how can they, they have their dream. And I like, not that mine is not equivalent, but it feels so much bigger because I wanted it for so much longer. Like I tried for it. I did all that made all these extra efforts and they just one month to the next or not even thinking about it or did it on accident. And they now have my dream. Like they're my dream. And it's so difficult. It's so difficult to see that just surrounding you and some of the people that I'm closer with that I know that I'm struggling with fertility. It's difficult for them to even tell me that they're pregnant. Like I had a friend who told me on week 12, she told me on week, like four, like pretty much immediately when she was pregnant with her first child, second child, she knew I was struggling with infertility the night before she told me she called Matt in tears and was like, I don't even know how to tell Brittany. I know she's going to be happy for me that I know this is going to hurt her so deeply, even if she's smiling. So she called Matt and she's like, I don't even know what to say. How do I tell her? And Matt was like, just call her and tell her she's going to be happy for you. So it was, she called me the next day. We both ended up in tears on the phone, but it's hard for me to see even my friends that are excited about being pregnant that know I'm struggling with this. It's hard for me to see them hurt because they know I'm hurting. Like there's so many different levels of it that I don't even think. I know I'm going to experience until I experience it.

Sharon ([09:57](#)):

So we started and we'll get into that a little go-fund me because you're you found a special it's I

Britanni Miller ([10:06](#)):

A fertility clinic. Ivs IVF.

Sharon ([10:08](#)):

Okay. So then we put a post up and you were like, mom put a post up about me. And so I just put the posts up because I didn't know what to say. And partly I didn't realize it until I went to write the post is that I want to fix this, but I can't fix it and I don't know how to fix it. And so it's like, I'm, my hands are tied. I'm just like, I can't do anything. I would imagine that, that a lot of that, because the men want to

fix everything. I would imagine this wanting to fix this struggle, correct me if I'm wrong is a lot of what you're you struggle with too behind the scenes, because men want to fix the things for our wives. We don't want to see our wives broken or hurt.

Matthew Miller ([10:51](#)):

Yeah. I mean, I think it's just a long process of seeing the pain, seeing the disappointment, seeing all these type of things. It's like, okay, well, what is the resolution? So, I mean, we've gone to a lot of alternative methods of going to doctors try and the IUI a couple of times doing trigger shots, doing all these extra tests of trying to find a solution to arrive at the ultimate goal of having a child. But also we've gone to other tests from doctors and physicians of just trying to make sure that all her levels are correct. So, I mean, you kind of feel like at times you could be elaborate in a situation of like, what's wrong with me and then trying to fix that solution. So we've gone to some new places to try to figure out, okay, like what is some optimal levels that we need for blood work? You know, maybe some things are wrong or some things that need to be changed or different. So we're trying to get to a place to where we can find solutions. But also I think that we need to understand that maybe there isn't a solution and this is where it's at too, but being comfortable with living with that thought or idea of like, okay, maybe I never will or can, you know, so and there's a lot of disappointment that's already there, but the thing is, we're not going to stop trying, you know, I think that's like all that we've decided together, but also, you know, trying to be okay with that.

Erica ([12:09](#)):

So from what, basically, there's not really a medical reason why it mats. Okay. And you are technically okay. Extremely frustrating. It would be different if they said, Oh, this level is too low and you don't have this, whatever, but they're both physically capable and it's just not happening. So I can't even understand that level of grief that that brings because there's, there's no reason.

Britanni Miller ([12:38](#)):

Yeah. There's no reason. It's not. I feel like I would feel better if they were like, Oh, you have no uterus, like whatever foreign without it, like, that'd be like, okay, that makes sense. But this is just, Oh, we can't tell you what's wrong. Just not working. And then every time we test everything, everything comes back normal. We're all perfect specimens. We're in the great age range. We are, our bodies are moving through each step of the process perfectly. And it's just not happening. And that I think for Matt is when that brings God into it, because he's like, well, maybe God just isn't doesn't want us to have kids, but doesn't want us to have kids right now. And for me, I'm like, yes, I get that. I want to wait for God's plan, but I'm just not going to tell us his plan because then I would have a lot more, like, it would be easier to be patient if like I knew going to be July of 20, 22, like, I'd be like, okay, cool. Like, I'm totally cool with that. But it just feels like, well, does God want me to sit and be patient and do nothing? Or does God want me to see every single doctor and take every single measure and fight this battle and work on my patience and faith and like grow in my strength and make my body better and be the healthiest person I can be like, what steps do I need to take? What's the right place to go here? Because it is just unexplained in fertility, which is to me, ridiculous, like diagnosis, like, I'm sorry. We don't know. I guess that's why they call it the practice of medicine. They're just practicing. But that has been definitely a difficult part that we've been going through.

Erica ([14:11](#)):

So with in typical, I mean, in general with grief, people say stupid things. So I can only imagine the things that people are saying to you guys. Oh. Especially with it not having a reason. And then with just, and that's, that's another thing that you have to try to manage because you're already in your own emotions. And then to hear these stupid unhelpful comments.

Britanni Miller ([14:35](#)):

Yes. I think some of the more difficult ones are but just relax. It'll happen if you relax, you're just stressed about it. And I'm like, you think over the past three years, I've not been relaxed for one day. That's what you think. I'm just relaxed. Doesn't work. Like there's obviously something medically that is not happening. Just relax. Like if someone had cancer, you wouldn't be like, just relax. Maybe your cancer will go away. Like, that's not that wouldn't be the response there. So that one is really difficult or stop thinking about it. It's really because when do you stop seeing a child ever, when do you stop seeing a pregnant person or a car seat, or you walk through target and you like pass the diapers. Like it literally surrounds me and follows me every single day. It is physically impossible for me to not think about it.

Matthew Miller ([15:23](#)):

And also, I feel like if you have church in the family and I think this is just awareness for people, but people come up to is like, as soon as you get married, it's like, so when are you guys having kids like right off the bat? And then you show up to church and then they're just like, after a year or whatever, they're coming there. When are they showing up? You know what I mean? It's like, and then we've been married now for seven years. So it's like seven years of that question of understanding. Okay. What do you guys have in one? You know what I mean? But then it's like, are we going to share with them what we're really struggling with or are we keeping it a secret? You know? And I think that's the part that's where it's a battle too. But,

Sharon ([15:58](#)):

Well, I love that you brought this out to the forefront because you started sharing on Instagram months ago, even over a year ago. And like everyone is coming to you. They're also sharing their struggles as well. And so that's been really cool. One of the conversations that you and I had was actually a really deep conversation that maybe you brought this on yourself in the sense of after Donovan died, you kept saying, I never want to have kids. I never want to have kids. And so one day you called me up and we were talking and you're like, maybe I did this to myself. So it's like, you're hanging your hat on everything that you can to try to explain it. Even some of your thoughts.

Britanni Miller ([16:38](#)):

Yeah. So I'm I just got introduced to this book and like therapy series called mind change method. And their, their theory is just a lot of your thoughts control everything, your body, your mind, like all of that works in conjunction. And I do really believe that. And I was just like doing a little consultation with him and kind of talking through what I'm struggling with. And as he's saying, he's like, yeah, some stuff from your past and your life. And I just, it just clicked for me that like, for so long, I was so scared to have children because I'm like, I don't want to bring someone into this world. And then I lose them. Like, I feel like I can't even, I have no more love to give out. It's the people that are in my circle or in my circle because I'm are I already have accepted the fact I'm going to lose them. I don't want to bring in a new heart that I could potentially lose. Like I don't want to bring in more risk factors. And I, I just think that it's like, your body knows. If you go back to like your primal mind, your body knows it's not safe to have a child right now. It's not safe to give birth right now. I'm in danger. Like the child could die, I'm in

danger. And I just feel like my body is holding onto that. Like your baby could die and you will lose it. And you would go through heartbreak again, like how we're not going to make it through that. And it's the same as like caveman being chased by lions. Like it's not safe to have a child right now. We're not going to give birth. And to me, all of that just made so much sense that like, okay, I really do need to capture my thoughts and deal with what I'm experiencing, deal with the grief that I've had in my past and deal with what this is causing my body to do. Now it may be the answer. It may not be the answer who knows,

Sharon ([18:19](#)):

But in actuality, and thank you for sharing that, that was, that was great. And actuality, the loss of infertility is the loss of the baby that never comes month after month, but it's also the loss of who's nose. Will he have who's ah, what eye colors will he have? What, what will we name her? And that every month having to go through that over and over again, it just, I would imagine a sends you deeper and deeper into the depression.

Britanni Miller ([18:47](#)):

Yeah, it is. And this actually goes way back to, I know we're not talking about this now, but the, I feel like a catalyst for what put me into rehab. What caused my drinking is that I was so deeply depressed and hurting so intensely because it's not just, wow, I'm infertile. And like, this is, this is my journey in life. This is what I'm doing now. It's multiple times a month. You're peeing on a stick. You're getting your hopes up. And you, you can't think negative thoughts because that might affect it. So you have to have the highest hopes ever. And that's the fall is so much further from the top, the very top of your hope. So you're sitting there. And for me, I didn't share every single test with Matt, but I'm, you're sitting on a toilet just by yourself. Just hoping that that little blinky mind will stop and say pregnant. And it just never is. And okay, well maybe I tested too early, so I'm going to wait. And then I'll test again tomorrow. And can I see a line? Maybe if I hold it up in the sun and then you throw it away and you're like, I'm just not pregnant and then five hours later your life. But what if I was pregnant, I threw the test away and then you're digging through the trash to pull out a pregnancy test. And if anyone has listened to me that has been struggled with infertility, I guarantee you they've dug a test out of the trash to see if it changed in that time that like, Oh, maybe it just wasn't ready yet. And it's, it's repeated. It's like you're being hit again. And again, and again, it's not just one time. It's not just one moment. It's a repeated pain and suffering. It's a repeated loss. And I think that's kind of the difficulty of it is that there is no, there's no stopping it. You have to continue on and you have to have that hope every single month, if you don't have that hope every single month, like they're, to me, in my opinion, like that part is definitely never going to work. You have to get yourself up to that high hope and get your body, that energy and the passion. And you have to start planning. What's my nursery gonna look like, what are my maternity clothes going to look like? And that all happens in the two week wait between when you ovulate and when you can test and you, the bump box came out. That's my big thing right now is the bump box exists, monthly subscription to everything you need for every single month. So I get the bump box because, you know, the internet always thinks I'm pregnant. So they send me those ads, but I get the bump box every month and I've been just looking at it like, okay, I would be on like month five right now. If I got this months ago, I wonder what they're getting in their box. Like, there's just so many pieces of it. I know you talk about it with grief, like where you, your heart is broken into all these tiny pieces. And fertility is like, yes, it breaks your heart in half maybe, but it just, it chips and it chips and it chips. So you feel like you can't even go on anymore.

Erica ([21:26](#)):

So what are you doing in addition to reading, you know, like to change your mindset and your thoughts, what are you doing to manage the grief that's coming every month? Oh boy.

Britanni Miller ([21:36](#)):

So many things. So first I realized that just in this journey, I suffer from major depressive disorder. So I am on depression, medications, and that kind of keeps me at a stable level from month to month. It is different. Every single time I've joined a group of other people that are struggling with their fertility that are kind of on the same journey with me. And that helps me immensely. We meet together once a month here in Dallas. And just to check in with each other and everyone's on different levels. Some people are doing IVF. Some people are still doing things. Naturally. Some people are doing IUI and we're all just there for each other. And we text each other throughout the week of here's what happened today? And this was really hard for me or here's what happened today. And this was really great for me so that we can celebrate each other's joys. And that kind of helps just get you to that next step. During the two week wait like between ovulation and when you can take that pregnancy test is the hardest part of any month. Whether it's a medicated cycle or an IUI cycle that two weeks where you don't know if you're pregnant or not is so difficult because literally every single thing in your body you think is a pregnancy symptom. You're like, Oh my God, my elbow itched a little bit more today, is that a pregnancy? Some of them are like, Oh my, is that a cramp? Or do I have gas? Like you just never know what's pregnancy and what's not. And then they have you all hyped up on all these meds. So you do feel like you're pregnant, you're bloated and hormonal, like all this extra stuff. So for me, it's one of the things that I really focus on is self-care during that time. So making sure that if I want to do yoga during that time, I'm doing yoga during that time. If I want to read more or watch more true crime shows just to get my mind off of it, like I just have to choose what's best for me. And then I can also get in this place where I'm like, okay, well, when you're pregnant, you can't drink coffee. So I should stop drinking coffee, or should I be taking a hot bath? And I have to dial that back a little bit and be like, you can take a bath. Like I, the way I say this, and this might be totally crass for podcasts, but like people do drugs and still have full term babies. So I can probably take a hot bath and it be fine. And people have been chased across the Serengeti and been nine months pregnant. So I can probably take a bath and it will be fine. So I, you have to talk yourself down and just do what's right for you in that moment and know that you're making the right choice for yourself, for yourself to feel safe and taken care of and relaxed. So I do a lot of that. Typically that's about week one, week two. I do start looking at maternity clothes almost every time I look at my maternity clothes. I relook at my list of baby names. I'm imagining nurseries say off a Pinterest, if you don't want to go down that rabbit hole, but I do all of that stuff. So by the time I have this kid, they all are, they're going to have the greatest name and the greatest nursery. Like it's a better be a perfect child. I'm just saying.

Sharon ([24:31](#)):

So we've talked a lot about what people say that's offensive and hurtful. What is something that has been encouraging or what is something that someone could say to a couple that is struggling with infertility that was that's helpful? Or what, what have you heard? What have you read? What's been encouraging for you?

Britanni ([24:50](#)):

Yeah, I think there's not going to be one right thing. That's fine. For every couple. It's going to be different for every single person. The thing that has helped me the most honestly, number one is talking about it because then people know what I'm experiencing. And then people don't say, Hey, why don't you have any kid? This is I'm like, I don't know. You tell me, but people will be a part of your journey

with you. And they'll, they'll check in with you. How are you doing? What's going on now? Kate, is there anything I can help with people that my friends that have been a part of this, even before I started sharing it on my social media channels, they've always done that for me. Like what? Okay. Tell me what's going on now. Okay. Explain that part to me. And just allowing me a space to talk about what I'm experiencing. Even if they don't understand, it helps so much just listening, being there to listen to your friends and asking them what they need. Like do, do you want to talk about this or do you not want me to talk about, do you want me to just move on through life or do you want me to check in with you every week? You can ask people how they want you to respond. And I think one of the most important things, if you are super close to someone, let's say me and my sister, and if I knew my sister wanted to have more kids, I, as the person struggling with infertility, it would be so vital for me to tell her if you get pregnant, here's how I want you to tell me. I don't want to find out on Facebook. I want you to call me personally. I want you to call me before you call mom. I want to be first because it would, it would help me so much if I had a place that like, okay, let's surprise mom. And we can work on that together. Like that would be so different than just I'm scrolling through Facebook. And I find out my best. Friend's pregnant. Like the people that are in your closest tightest circle, you need to express to them how you want to find out when you want to find out. Like, I don't call me at 12. O'clock when I'm at the office, because if I need to have a good cry, I can't do that at the office. Call me at five to 7:00 PM. I've already had dinner and I'm settled in for the night. If I need to cry myself to sleep, I can safely do. So. It's, it's really just about finding out what each person needs on that journey. If they, what they need from you. And then being there for that. And it's, I've had people that will send me things like, Oh, I found this milk thistle. I think this'll be really good for you. And it's sometimes I'm like, thanks. I've already been taking milk thistle for 27 years. But sometimes I'm like, I'll look into that. Like, thank you so much. And people have been like, I don't want to step on your toes. I know you're doing so much. Like when they have sent me things, I've had multiple people say, I know you're doing so much. I know you've probably heard about this already, but I saw it. And I thought of you, like, that's different than have you tried relaxing. Like I know you're trying your best, but here's another thing I just heard of this on the street. And I don't know anything, but maybe try this. Well, I think

Sharon ([27:31](#)):

Erica, I think that it goes along with people don't want to talk about grief so they don't want to talk about infertility either. So even when, like when I, when my friend finds out, she's pregnant, I'm not going to tell Brittany, I know she's been really struggling. So I'm just going to let her see it on Facebook. Like we think that's the way for them to find out. It's almost like that, that conversation that never takes place, right. That people don't want to talk about

Erica ([27:54](#)):

Because there's this miss understanding that, Oh, I don't wanna make you feel bad, but what they don't realize you already feel bad. Yeah. Like people didn't want to talk to me about Austin. I don't want to make you feel bad. I feel terrible. Or you cannot make me feel any worse. I'm just going to feel bad. It's just where I am right now. And hopefully, you know, this will resolve. And once I start doing my work, but it's the same with Brittany. Like she feels bad anyway. She probably feels supported and feel encouraged if people gave her the space to share her feelings. And same with Matt.

Sharon ([28:28](#)):

Yeah. So the final question, you guys, why the go-fund me And I'm going to Brittany, you take a minute to go do it. And then Matt, you take a minute to go do it. So you guys final it up.

Britanni Miller ([28:40](#)):

I think for me, I've done the iOS. I've done the medicated cycles. I've done all the things. And I always have said, IVF is not an option for me. It's not a possibility. I know that's kind of the final step on the journey and the different variations of it. But I knew how expensive it was. It's it can be upwards of \$30,000. Plus depending on what they find, if you need donor eggs or donor sperm, like that can increase the cost so much. So all the medications and everything, I just have always known, well, if this IUI doesn't work for me, like that's the end of the road, I guess I'm taking vacations now. Like, that's all I would have. Like I, there's no way I can do IVF. And I just so happy. I started looking at all these groups and researching. We were getting toward the end of our IUI and I've found that there's a place that has an affordable and manageable IVF cycle that you can actually get in a couple cycles of IVF. If you need to, for under the cost of one typical American IVF cycle, I found that you can do this abroad in Spain, in Czech Republic, in Greece, they have so many other places where they will come help you house you while they do the IVF treatment and take care of you. That is not, I don't want to get political, but this American medication thing, like they are all about the money they are just trying to get paid. And the places I found that there are so many other options where it's not just about the money, it's about people wanting to help you. And the response that I've gotten from my social media channels of people just reaching out saying, thank you for sharing. I've gone through this. And I, I'm glad that I have someone that can listen to me that knows this, or thank you for sharing. I'm going through this right now. Or thank you for sharing. I have a friend and I don't know how to talk to them. Like all of those people, I felt really rallied around me and wrap their arms around me. And in my head, I was like, they, they want to help me. They love me. They want to be there for me. They want to help me. And now I have a way where they can physically, like they can help me. They can help me get through this. And they will all be a part of this baby's life. Like they will be all the people that rallied around me to like wrap their arms around Matt and I to get this baby here. They all made it happen. And I know there's not a person that has donated so far or will donate. That is not going to be so happy to squeeze this little baby and we'll change the diaper. I'm sure of it.

Sharon ([31:08](#)):

So you came up with this really nice. I saw that Erica, you came up with this really nice a great idea of what the piece be a piece, the puzzle. So Matt, Matt's got to jump into, but I want to hear about the piece, the puzzle,

Britanni Miller ([31:23](#)):

All the puzzle pieces. So this is everyone in our family, everyone that loves us is helping us find our missing piece. So in order to not just be like, Hey, give me all your money. This is a way that they are so much more a part of this and they will be a part of this baby's life forever. So we were purchasing a puzzle and this is just part of my indecision that I can't choose what I want the puzzle to be. But we're purchasing a puzzle that everyone that donates \$20 will have their name written on the back of a puzzle piece. And then we're going to put that puzzle together and frame it in the baby's room so that they'll be able to see all the people that love them, fought for them, worked for it, to get here. So people that have bought a \$20 piece people have put in a hundred bucks, so they're getting multiple pieces, they'll get a little area of the puzzle and it's just, I'm really excited about it. Cause I know it's going to be a really cool sentiment. It's going to be really cool. Addition to my baby's room that we will always walk in there and they'll know how many people love them at any moment in the day. Even, you know, when I have to put them in there a time out, they're going to be looking at that puzzle thinking, but at least six people love me.

Sharon ([32:26](#)):

Erica wants 10 puzzle pieces or 10 puzzle pieces because I'll get at least two or three.

Sharon ([32:32](#)):

So Mattie. So that your, your take on doing the IVF. So for me

Matthew Miller ([32:41](#)):

She, she did really good with that just saying and her words were probably better to be better than mine. But I think just as also the guy's perspective on the whole situation, I think that a lot of feelings can come through this. And I feel like maybe I'm going to go down with it. I don't know. But I just feel like sometimes there can be like a pride thing that sits behind it too. It's like, GoFund means to me, it can be sometimes like, why do these people need money or whatever the situation is, but everyone who's on the journey of having a child probably knows that it's expensive, you know, but everyone who has not been part of that journey does not know that it's not expensive. You know what I mean? So yeah. Is seeing that process of like, we've exhausted a lot of our phones all in that process already. So it's like we could have maybe just done the big one. And instead of doing all these small ones along the way, but we didn't know what our journey was. We didn't know where it was taking us. We didn't know what was going to happen. But I think that getting to this process of finding this, I think that I wasn't really, for Brittany was for it. I wasn't feeling it. She was talking about her sister doing it. And I was just like, I don't love the handout type thing. And I don't love that type of field that comes with it and that's attached to it. But also at the same time, we can't make it possible without everyone. So I think that that's emotional to me because it's like, well, we can't do it. But with the help of other people, we can get there,

Sharon ([34:03](#)):

Man. We're all crying. Okay. So I came in, I did have another question. I love you, but I have one more question. So you have a sister that's willing to have a baby for you. And she keeps saying, Hey, I'll have the baby for you. I'll have the baby for you. Why not that option yet?

Britanni Miller ([34:21](#)):

Yes. that to me is the last stop on the train because I want to have my own biological child. I want it to have my features and my attitude and I'm way funnier than Lauren. So I would need it to have my sense of humor this child, but we need to be hilarious obviously. And even if it were our embryo inside of my sister and she's just carrying it, I'm still missing out on like, I don't get the cute maternity clothes and I don't get to have the baby shower where everyone measures my belly. And yes, there are ways that you can figure out there's going to be. If we get there, there's going to be things that I'm going to do. So I can feel a part of it, but it's still not me. It's still not. Like at this point I would love to have morning sickness. Don't quote me on that in six months, if I'm pregnant and I have money. But like all the stuff that people talk about, the joys of pregnancy, the horrors of pregnancy, like I want to experience that. It's something that I've heard of and wanted and been told my body was created for, for my entire life. So I'm, losing that piece of it. Even if it is technically my own biological child, just carrying a baby, like having that feeling. I don't know what it's like to feel the baby move inside my belly. I would love to know that feeling like all of that stuff is you're, you're missing out. That's why it's all these tiny pieces that break off. If I have to wrap my head around having a surrogate, I'll wrap my head around it when the time comes. But right now I'm not there yet. I'm not ready to. And I've actually had three separate people

offer to be my surrogate. So at some point, if that happens, I might be putting our embryos in three separate people because I have some volunteers.

Sharon ([36:02](#)):

I think that's a perfect end to an amazing show. We want to thank you everyone who listened today and just to every woman out there, that's struggling to every man out there to every couple out there that is struggling with infertility. We want you to know, we see you. We really do see you. And we're here for you.

Erica ([36:24](#)):

Thank you guys so much for sharing because you're right. This is not something that as a family, I mean, from our podcast, you swear, we'd been through everything and now we have something else add to our resume and it's infertility, and this is real life. This is what happens to people. Thank you for giving it a face and a voice. And for really speaking from your heart and per usual, we know that this is a grieving experience. We all bring it back. We always bring it back to grief and you know, hopefully this is something that you'll help connect with other people and inspire them to share their story so that they don't have to suffer in silence. So again, thank you guys so much and thank you for allowing us to be part of the puzzle pieces.

Brittanni ([37:13](#)):

Yes. Thank you for having us.