

## Nurture & CFC Testimonial:

“I cannot recommend enough the extraordinary experience I had working with the kind, loving, mindful, dedicated, authentic, honest, committed partners and team at Nurture for helping me find my divine anonymous egg donor and their heart felt support in my fertility journey along with Dr. Le Roux and his Cape Fertility Clinic Team. I am based out of California, United States and it is filled with fertility options.

When I first began to learn about my fertility / infertility – I explored a few options in Los Angeles while getting my baseline fertility numbers (FSH – Day 2, E2, Progesterone, AMH). In these initial fertility experiences I had in Los Angeles, I felt they were all very sterile and I also felt like I could invest an extraordinary sum of money seeking results that based on my age were very small percentage successful outcomes. My first interview with a fertility doctor was at a well-known Beverly Hills fertility clinic. I felt like the fertility Doctor was selling me a package of timeshare options with his promotion book he was demoing to me in the appointment of fertility package options. In hindsight, it was surreal and truly awful experience. My intuition told me so and I listened.

My infertility story starts like many women. In my early 40’s and oblivious to anything infertility related – thank God – literally. I knew there was a fertility clock generally speaking when I read “How To Get Pregnant” at age 35 out of curiosity after I got married to my husband at 34. That year within three months of trying I became pregnant with my son at 35 and delivered a healthy baby boy at 36. With my daughter I became pregnant at 39 and delivered a healthy baby girl at 39 just before turning 40. Other than severe morning sickness for the first 15 – 20 weeks with both pregnancies, I had healthy babies within a year of us deciding to expand our family with gratefully no pregnancy complications.

I turned 40 two months after delivering my daughter and my OB said if you want another one start trying in the next 6 months. I was undecided on a third child until I turned 41. And shortly after my 41st birthday I fell pregnant and miscarried within 7 weeks. I was in shock and beyond disappointed. In addition, I had a D&C a couple weeks after I miscarried as there was initial concern that I may have not miscarried and then my denial that I didn’t kicked in. When my D&C was performed a couple weeks after my spontaneous miscarriage, I believe it was incomplete and it took acupuncture and a number of cycles over a good 6 months to resolve having normal periods. I too believe this D&C left some uterine scarring which further complicated my fertility challenges.

With acupuncture and herbs over another year I fell pregnant again at 42. Unfortunately, I miscarried at 8 weeks naturally and I even passed the embryo which I could see when I passed it. I was told to bring it in to the lab for diagnosis for potential causes of the miscarriage. As you can imagine, this was an absolute low point in my fertility journey (one of a few). I had been hoping for a baby for a couple years at this stage only to fall pregnant, miscarry, and then personally transport the embryo to the lab for diagnosis. I later learned no diagnosis could be learned from the embryo for my miscarriage. My word, what we women go through and have gone through for centuries when it comes to creating and birthing life!

After this second miscarriage with much education on fertility and my options, I really felt like IVF was not an option for me due to my age. The success rate for a healthy 42 year old was under 10% and for a 43 year old was 3%. I am a numbers person and I never felt those odds were in my favor or that the enormous investment of money, time, and emotional energy was going to pay off if I chose this route. I did try some minimally invasive fertility procedures in LA during this time, but none worked.

A few months before I was turning 43, I stumbled on a fertility web site in Cape Town, South Africa called Cape Fertility Clinic and I began to research the egg donation process. I learned egg donation was anonymous and I also learned it was actually a reasonably affordable option versus my own country. The more I read and the more I learned, the more I really liked the idea. Financially I would be able to afford it and most importantly, I felt with a 50% + success rate per cycle, I had a great chance of a successful outcome.

In addition, I have family members connected to South Africa and something clicked that this felt right. After reaching out and chatting with several egg donor agencies and contacting Cape Fertility Clinic about next steps for treatment, I chose Dr. Le Roux at Cape Fertility Clinic to work with which was a huge blessing in hindsight.

On the downside, I chose the wrong egg donor agency for me. The egg donor agency I chose was 1. Not based in Cape Town, 2. Never meets the actual egg donors, and 3. Never suffered with infertility themselves to really understand the intense painful path and struggle. I take full responsibility that I made some mistakes and what is most important for my story today is that I kept trying, I did not give up.

I did choose an egg donor from this first agency and it never really felt right. I did work with Dr. Le Roux and his team at Cape Fertility Clinic and fell pregnant on the first cycle. Gratefully, working with Dr. Le Roux felt right at every step. Dr. Le Roux is a kind hearted man and a professional expert in the area of infertility. He genuinely cares and it comes through in all his communications via email or in-person. I really can't recommend working with him highly enough.

Dr. Le Roux and I were thrilled I became pregnant. It happened I would stay in South Africa for another two months after treatment before returning to Southern California and when I began bleeding at 8 weeks, Dr. Le Roux was right there to provide medical treatment and guidance.

I became very nauseous and sick at week 7 and at week 8 ½ I began to start bleeding quite heavy over a period of days. It was awful. When Dr. Le Roux scanned me, there was still a fetal heartbeat. I waited another couple days and still heavy bleeding. The next time Dr. Le Roux scanned me there was no fetal heartbeat. Dr. Le Roux was available ongoing on email during this week to provide direction and feedback. The care and support was very much appreciated. When he confirmed I had lost the

pregnancy at 9 ½ weeks with a subsequent scan he booked me into have a D&C within 3 hours later at the local hospital. In hindsight, I think it was one of the kindest things he could have done for me – not make me wait to officially terminate the pregnancy for me that had already terminated after so much suffering.

I was so grief stricken and in emotional pain after the loss. And yet, there was a part of me that had to keep going and Dr. Le Roux was right there letting me know that I had some good frozen eggs from the first egg donor cycle. He was always kind, professional, and connected. I always felt comfortable meeting with him or emailing him. He was always very responsive and kept things simple, direct, and light in a good way.

At the time I was living locally in Cape Town and planned to return home to the United States. I tried a frozen cycle on my way back to the United States with the good eggs left and it did not take. I decided to try again finding a new egg donor and I do believe that working with Dr. Le Roux and the positive experience with him and his clinic provided me the motivation to keep going. At the time I felt like I really liked my Doctor and my clinic, this must be a sign I should keep moving forward.

I too learned that I really needed to find a spectacular egg donor. When I was pregnant with my first egg donor, I felt scared and very concerned about her not being a good fit based on her looks, weight, height, and more. It was a gut check thing. I also learned through this loss what was really important to me in finding the right egg donor.

I too engaged a local Cape Town egg donor agency and immediately felt incredibly connected with them, as these were fertility warrior women who had travelled their own fertility challenged paths who deeply understood me – this was the agency Nurture. As soon as I started communicating with Kim Lazarus at Nurture, I knew I was home. I was meant to be working with this agency and these amazing women.

My egg donor search criteria was very specific this time around and it made the search for the right egg donor that much more difficult for Nurture. I was an athletic star growing up competing at a high level, a fashion model as a teen in Paris and New York City, a published author, and successful entrepreneur. I wanted my future baby to have all the advantages of athleticism, height, beauty, brains, and a kind heart which I felt I had luckily been blessed with. I felt if I could give my future baby all the things I gratefully had been given via a stunning egg donor, then it wouldn't matter that part of their beginning started with an anonymous egg donor or that genetically I am not linked to them as their Mother.

Kim Lazarus at Nurture and me began screening donors together. It was a long journey with many ups / downs and Kim along with Tertia and the Nurture team were there with me along with Dr. Le Roux and his team every step of the bumpy road to finding my stunning spectacular egg donor.

One of the amazing parts of my story is that when we did find the absolute right egg donor for me it all went rather quick. She was very easy to schedule and accommodating in the quick planning process to coordinate a cycle of egg donation with me and I felt at such a deep connection based on her looks, her

in-take form with her responses, and the fact that she shared my husband's birthday – all was right.

I too had developed such an intense bond and trust with Kim Lazarus @ Nurture along with Dr. Le Roux and his team @ Cape Fertility Clinic. I knew I was getting exactly what I asked for in my egg donor based on the quality of who Kim was and that the Nurture team were the quality of people I could take this very long journey with for my success adding a third baby to our family. This peace of mind was very helpful during my pregnancy as there are so many unknowns I was stepping into walking this path to a live birth of hopefully having a healthy baby.

I am thrilled to share I fell pregnant on the first fresh embryo cycle with my new donor from Nurture and now we have a beautiful, tall, smart, athletic, healthy baby girl. She is amazing at 1 years-old with a big sense of play and humor. I am honored and thrilled to be her Mom on this life's journey together. I was always worried about how I would feel about her not being my own egg and I love her equally as my two other genetic kids and if anything, there is a special bond I share with her given how she came to be as my daughter.

I look at her and I think how special of a being she must be given a young spectacular woman whom I have never met anonymously donated her eggs to help my daughter come to be. I feel so blessed and I cannot encourage any woman enough to open their hearts to egg donation if they find themselves suffering from infertility and this seems like a good viable option.

I heard it said from my acupuncturist it won't really matter if it was not your egg. I had a hard time believing them at the time when I was suffering from infertility, but I find now having walked this journey that 1. Yes, this is true and 2. Having the right egg donor agency, Doctor & clinic, along with a deep connection with your egg donor helps brings it all together in amazing ways.

One of the hardest parts of egg donation for me was the lack of information available from other women who had walked the path before me. I wanted to understand what it would be like and their stories. I found so little information available. I am sharing my story to help other women now thinking about this extraordinary path more insight along with some incredible resources to have success: Nurture Egg Donor Agency & Dr. Le Roux and his team at Cape Fertility Clinic.

I have written a letter thanking my egg donor after her donation. I too wrote a letter shortly after my daughter was born thanking her. I plan to write another letter sharing the good news that my daughter turned one and is thriving happily – walking & running about – curious to learn everything with a great sense of play and humor. I am happy to share gratitude with my egg donor and it just feels right. I trust Nurture to share these update with my egg donor and maintain ongoing contact in a non-invasive way for my egg donor.

I am still not ready to be visible in who I am to the world that we did egg donation with our third child. Not because I am not good with it, but for the protection of our daughter and family. I expect when she get's old enough, we will share with her and our other kids how this extraordinary young woman from

South Africa anonymously donated an egg so we could have her and bring her into our family and the world and how truly special and loved she is as a beautiful human being.

I have done many great things with my life thus far and accomplished much which has often been connected to helping and serving others. I feel blessed to be an empowered successful woman in the world living a great life today, who also has a life's partner / husband supporting me through my fertility journey 100%. Of all my accomplishments, staying the course walking the path of infertility and coming out on the other side to have my third baby girl will be the MOST heartfelt and GREATEST accomplishment of ALL – no question.

Infertility is a slippery challenging path to walk. For me, it was like opening Pandora's Box - constantly being challenged to step into the unknown, listen to your intuition, and not give up.

Blessings to you. May you find your way and achieve the outcome that is etched on your heart – however that may unfold.

Anonymous Egg Donor Recipient Extraordinaire! 😊