

Recipe for happiness

Author doubles the fun

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ASK Rachael Bermingham to name four ingredients to a good night's sleep and she throws back her blonde mane

and laughs.

"If you want more than four hours sleep a night, don't have twins," the Sunshine Coast mum jokes. After 2½ years on IVF, the best-selling co-author of the popular *4 Ingredients* cookbooks is nursing newborns again.

Twins Bowie, the laidback one, and Casey, a hungry tyke, were born four weeks ago and are brothers to lively Jaxson, 5.

They are the cherished babies one IVF doctor told Rachael she would never have because she was "barren".

"I was so stunned and angry and hurt, I was in disbelief. It was just horrific, just horrific," she says of the doctor's phone call. "After about a week recovery and mulling it over I came to my senses and felt that something wasn't right."

So she and husband Paul, 46, tried a third IVF doctor and fell pregnant first go with the added surprise of twin boys. Just shy of her 40th birthday, Rachael is now mixing sleepless nights, nappy changes and breastfeeding with her thriving home business in Buderim.

A fourth *4 Ingredients* cook-

book is due out in August and she's drafting her next book *Building a Business From Home*, as well as mentoring women on achieving their goals.

Kissing her twins lightly on the head, Rachael explains that life couldn't get much better, but it takes a lot of juggling.

"I run a business from home and I'm a hands-on mum. I'm a great believer in you can have your cake and eat it, too."

For information on Rachael's mentoring programs, visit www.RachaelBermingham.com



