

Author finds the right recipe

WHEN Buderim's Rachael Bermingham sets her mind to a task, she achieves it – even if it means defying doctors' expectations.

The successful marketer and author has given birth to twins, babies that she had been told she could never have.

Ms Bermingham and her husband, Paul, who have a son, Jaxon, 5, had been trying to have another baby for two-and-a-half years when they were told by a medical professional after an unsuccessful round of IVF treatment that it would never happen.

"I was stunned when she told us, in her opinion, I was barren and the only way for us to

add to our family would be through a surrogate mother or adoption," she said.

"I cried for a week and went through a grieving process 'til I came to my senses and thought, 'I don't believe her', and there were other options."

Doctor Paul Stokes at Coastal IVF gave Rachael and Paul hope and after another round of IVF, they found they were expecting not one baby, but two.

Bowie and Casey were born at the Sunshine Coast Private Hospital on May 20, weighing 3kg and 2.5kg.

Ms Bermingham, who

wrote her first book, *Read My Lips*, during Jaxon's sleep times and co-authored her second, the 4 ingredients cookbook, while breastfeeding, plans to continue writing.

