

## Daisy, 31

From severe period pain to natural relief: Specialist teacher who found a plant-based solution for PMS & menstrual cramps, **PERTH**

**Daisy, 31, Perth, leads a busy and fulfilling life as a specialist teacher supporting students with vision impairment. Beyond work, she keeps active with yoga, pilates, and surfing, and enjoys travelling and walking her two beloved dogs. Married and surrounded by a supportive family, Daisy's life is rich and rewarding. However, managing her menstrual health has remained a long-standing challenge.**

**Daisy was diagnosed with Polycystic Ovary Syndrome (PCOS)\* in her teens, and more recently, with Stage 3 Endometriosis\*\* in 2021. She also lived with Graves' disease – a hormonal disorder that led to thyroid removal surgery. Over the years, Daisy has experienced debilitating period pain, often leaving her unable to function for hours at a time.**

**Through social media, Daisy came across *Hey Sister! Khapregesic*® – a non-hormonal, plant-based product providing fast-acting, dual-action support for period pain and pre-menstrual syndrome (PMS).**



**For Daisy, period pain is no longer something she just has to endure – it's something she can actively manage and feel in control of, naturally, and she wants other women to feel the same.**

**Daisy takes *Hey Sister! Khapregesic*® in the lead-up to and during her period and has personally noticed her monthly symptoms – including pain, nausea, and bloating – become more manageable. For Daisy, *Hey Sister!* offers a natural, plant-based way to support her monthly cycle and help her feel more in control. With her period pain now more manageable, she hopes her story inspires other women to explore what works for them.**

**This is Daisy's story.**

"I used to get cramps that were so severe I'd be sweating and vomiting from the pain. I remember walking out of three-hour exams shaking and feeling like I was going to faint," said Daisy.

After frequently feeling unwell at school, Daisy's doctors began to investigate further. In Year 11, she was diagnosed with Polycystic Ovary Syndrome (PCOS), which was later followed by a diagnosis of Stage 3 Endometriosis after investigative surgery in 2021. Due to the severity of her condition, she eventually underwent surgery to remove her endometriosis tissue through her pelvis and some ovarian cysts..

Despite trying various treatments over the years, including hormonal contraceptives for more than a decade, Daisy struggled to find consistent relief.

"The pill helped regulate my cycle, but it didn't stop the pain. Strong painkillers made me nauseous, and I couldn't keep them down," Daisy said.

<sup>1</sup>\*a condition where ovaries create excess hormones, causing irregular menstrual periods, excess hair growth, acne, and infertility.<sup>1</sup>

<sup>2</sup>\*\*a condition where tissue similar to the uterine lining grows outside the uterus, causing pain, heavy periods, and sometimes fertility issues.<sup>2</sup>

Over time, Daisy began exploring more holistic approaches, including lifestyle changes, working with a nutritionist, and trying herbal supplements.

Her perspective shifted when she discovered *Hey Sister! Khapregesic®* – a non-hormonal, plant-based product traditionally used to support relief from period pain and PMS.

“I saw it pop up on social media and decided to give it a try because it’s natural,” said Daisy.

“Since incorporating *Hey Sister! Khapregesic* into her routine in March 2024, Daisy has noticed meaningful improvements.

“I’ve been dealing with difficult menstrual symptoms since my teens, and have tried a variety of approaches – from surgeries to different treatments,” Daisy said.

“Since introducing *Hey Sister!* to my routine, I feel less anxious about the onset of discomfort. My stomach is more settled, and I have a greater sense of calm – both mentally and physically.

“My cramps, nausea, and inflammation have eased from severe to mild-to-moderate,” said Daisy.

“It’s become a valuable part of how I support my body during my cycle, and I’m truly grateful to have access to it.”

The product’s accessibility and ease of use have made a difference for Daisy.

“It’s easy to purchase and fits seamlessly into my routine, which is important because my life is so busy. I appreciate that it’s a plant-based, hormone-free option that doesn’t rely on painkillers,” Daisy said.

Looking back, Daisy reflects on the lack of awareness during her teenage years.

Daisy reflects on the limited awareness of, and discussion about period pain and its management during her teenage years.

“I don’t recall learning anything about endometriosis or PCOS in high school. I might have recognised the signs earlier if I had.

“The stigma and shame around periods are gradually lessening, partly thanks to social media communities, but the journey to diagnosis and understanding alternative management options still is not as clear as it should be,” said Daisy.

A pivotal movement came after a car accident, when Daisy visited a male chiropractor.

“He was amazed at how I didn’t flinch at the pain. I told him it was nothing compared to endometriosis.

“We’re told, ‘it’s just period pain, you’ll be alright. For a long time, I thought I just wasn’t brave or strong enough to deal with it,’ Daisy said.

Daisy hopes her experience encourages other women to explore natural approaches to managing period pain.

“A nutritionist once told me your period is a reflection of what you were doing three months prior. That really stuck with me. Make the change now and you’ll see the difference.

“Allow your body to support itself and heal. Prioritise self-care and give natural products like *Hey Sister!* a chance over a few months. While it may take time, it could be worth it,” said Daisy.

**To learn more about *Hey Sister! Khapregesic®*, head here: [www.heysister.com](http://www.heysister.com)**

**To access the recent *Khapregesic®* clinical trial, click [here](#)**

**ends#**

## Important information

- Hey Sister! Khapregesic® is an ARTG-listed medicine. *Khaya senegalensis* is the active ingredient in the Hey Sister! Khapregesic® range.
- Supported by a randomised, double-blind, placebo-controlled clinical trial published in the *International Journal of Women's Health* (July 2025), Khapregesic® demonstrated efficacy in alleviating mild-to-moderately-severe period pain and premenstrual syndrome (PMS) symptoms, including improvements in emotional wellbeing and reduced use of rescue medications.
- Traditionally used in Western herbal medicine to relieve mild menstrual symptoms such as period pain, bloating, and mood changes.
- Not approved for treatment of medical conditions like endometriosis, PCOS, adenomyosis, anxiety, or arthritis. If you have, or suspect you have any such conditions, speak to a qualified healthcare professional.
- This case study reflects one individual's experience; results may vary.
- Always read the label and follow the directions for use. If symptoms persist, talk to your health professional.

**To coordinate an interview with Daisy, please contact:**

**Kirsten Bruce or Alia Din, VIVA! Communications**

M 0401 717 566 | 0403 878 645  
T 02 9968 3741 | 02 9968 1604  
E [kirstenbruce@vivacomunications.com.au](mailto:kirstenbruce@vivacomunications.com.au) | [alia@vivacomunications.com.au](mailto:alia@vivacomunications.com.au)

## References

1. Polycystic Ovary Syndrome (PCOS): Cleveland Clinic; [Available from: <https://my.clevelandclinic.org/health/diseases/8316-polycystic-ovary-syndrome-pcos>].
2. Clinic M. Endometriosis 2025 [Available from: <https://www.mayoclinic.org/diseases-conditions/endometriosis/symptoms-causes/syc-20354656>].
3. Lopresti AL, et al. An Examination into the Safety and Efficacy of Khapregesic®, a *Khaya senegalensis* Preparation, on Women Experiencing Menstrual Pain and Menstrual Distress. *Int J Women's Health*. 2025;17:2025–2038.