

Rachael, 37

Mother of four juggling family & managing pain: her journey to natural period relief, **GRAFTON**

Mother of four, Rachael, 37, Grafton, New South Wales (NSW), works at the primary school she once attended. Balancing work, family life, and her love of reading and art, Rachael has also been quietly managing ongoing menstrual health challenges.

Her symptoms began at age 11 with her first period, and grew more intense over time, particularly after having children.

Rachael relied on strong pain medication, but the severity of her menstrual symptoms often left her vomiting. Her experience extended far beyond cramps, with pain radiating to her thighs and pelvic area, heavy clotting, bowel issues, mood swings, intense anger, and persistent headaches – all of which affected her both physically and emotionally.

After multiple C-sections, Rachael was diagnosed with adenomyosis – a condition where the uterine lining grows into the muscle wall, often causing heavy bleeding, bloating, and pelvic pain.¹ Her doctor in Canberra at the time, also suspected endometriosis – a condition where tissue similar to the uterine lining grows outside the uterus, causing pain, heavy periods, and sometimes fertility issues.² A colonoscopy was scheduled to investigate further. However, Rachael relocated to Grafton before the scan could take place. She underwent a tubal ligation due to increasing complications with pregnancies, which further impacted her menstrual cycle.

Over time, Rachael began seeking gentler ways to support her menstrual health. She 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) through a social media ad and was drawn to its natural ingredients and hormone-free properties.³ What appealed most was its gentle approach, which did not affect her gut or hormones like some other treatments had. She feels her body has since been better able to manage the pain, helping her re-engage with daily life. Now, she is sharing her story in the hope of helping others find menstrual symptom relief.

This is Rachael's story.

Rachael's struggle with menstrual pain started early. She experienced her first period at 11, and within a few months, the pain became overwhelming.

"I got my first period at 11, and by my second or third cycle, the pain was unbearable.

"I'd have to leave school, in tears, vomiting if I didn't get pain relief fast enough," said Rachael.

"Even scalding hot water bottles couldn't touch my pain."



Over time, Rachael's symptoms worsened, especially after having three C-sections, including giving birth to twins.

Each month brought severe cramps, bloating, clots, back and thigh pain, headaches, mood swings, and digestive issues. Her GP diagnosed her with adenomyosis, while a specialist in Canberra also suspected endometriosis. The impact on her quality of life was profound.

"Some days, it felt like my left leg was on fire. I dreaded my period. Everything had to be planned around it – where we went, what I ate, how close I was to a toilet."

"I avoided social outings for fear of bleeding through my clothes. It felt like my body was in control of my life, not me," Rachael said.

Rachael describes her early attempts at pain management as frustrating and inconsistent.

"I came off the pill due to depression. Painkillers gave me migraines and gut issues. I felt like I was surviving, not living," said Rachael.

Things began to change when she discovered *Hey Sister! Khapregesic®*, a plant-based, hormone-free product.

"Within 20 minutes of taking it, my pain eased, my bloating reduced, and I had more mental clarity."

Even my husband noticed my moods were more balanced – no more extreme highs and lows," Rachael said.

"For me, *Hey Sister!* has become a helpful part of my monthly routine."

After nine months of use, Rachael now subscribes to *Hey Sister! Khapregesic®* to ensure it arrives before each cycle.

"It helps take the stress out of managing my period. I like that it's natural, hormone-free, and works gently with my body," Rachael said.

Rachael believes education and open conversations are key to breaking the stigma around period pain.

"Just because menstrual pain is common doesn't mean it should be ignored. Get checked, and don't be afraid to explore natural options."

"For me, *Hey Sister!* has become a helpful part of my monthly routine," said Rachael.

To learn more about *Hey Sister! Khapregesic®*, head here: www.heysister.com

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

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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 Rachael, please contact:

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References

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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.