

Natalie, 46

Marketing agency director & mother of three navigating decades of crippling menstrual symptoms, **ADELAIDE**

Director of a busy marketing agency and mum of three, Natalie, 46, Adelaide, has lived with debilitating menstrual symptoms since her teens, later linked to underlying conditions, including adenomyosis* and endometriosis.**

Menstrual pain, or dysmenorrhoea, refers to pain during the menstrual cycle, often felt in the lower abdomen and sometimes spreading to the back or thighs.³ When it's caused by an underlying health condition like endometriosis or fibroids, it's known as secondary dysmenorrhoea.⁴

From the age of 16, Natalie experienced severe period symptoms, particularly intense cramping and discomfort in the two weeks leading up to, and during, her period.

Throughout her teens, she recalls either missing school, or "pushing through the pain". At the time, she mistakenly assumed it was something she just had to endure.

At age 20, after seeing her GP, Natalie underwent a laparoscopy – a minimally invasive procedure involving the use of a small camera to look inside the abdomen⁵ – and was diagnosed with endometriosis.

The condition left Natalie feeling concerned for her future fertility.

Natalie has spent decades trying to manage severe menstrual symptoms, including pain linked to endometriosis and adenomyosis. She has trialled various treatments but always preferred natural supplements which were never offered, instead of synthetic medication, and found only short-term relief, while having to consider long term side-effects.

More recently, her symptoms intensified as ovarian cysts, and adhesions developed, making everyday activities increasingly challenging.

In July 2023, Natalie discovered *Hey Sister! Khapregesic*[®] – a non-hormonal, plant-based product providing fast-acting, dual-action support for period pain and pre-menstrual syndrome (PMS).⁶ She decided to try it for support with her menstrual symptoms. Over time, she felt the product helped her better manage how she was feeling, particularly mid-cycle, during ovulation. Natalie appreciates it's a plant-based, gentle option, and encourages others to speak up, seek support, and explore what feels right for their own health journey.

This is Natalie's story.



*a condition where the uterine lining grows into the muscle wall, often causing heavy bleeding, bloating, and pelvic pain.¹

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

"My periods have dominated my life. I missed school, struggled with pain management, and constantly felt like I had to smile through the pain, pressure and anxiety," said Natalie.

Over the years, she tried multiple approaches to manage her symptoms, including the contraceptive pill, pain relief, dietary changes, and regular exercise.

Natalie underwent six surgeries to remove endometriosis tissue, and was later diagnosed with adenomyosis, for which she had an ablation.

"Even after multiple surgeries, the pain kept returning. It was exhausting and frustrating to face ongoing treatment without lasting relief," Natalie said.

In the past two years, Natalie's symptoms intensified, complicated further by ovarian cysts and internal adhesions, which have made daily life increasingly challenging.

"The last couple of years have been the hardest. The cysts and adhesions make everything – work, family life, even simple daily tasks – much more difficult," said Natalie.

In July 2023, after speaking with a friend, Natalie learned about *Hey Sister! Khapregesic®*.

"Having a product option like *Hey Sister!* available is so promising and empowering for people like me, who always look for natural alternatives first, and who want to treat, and understand the cause, not the symptoms. The option of alternative therapies gives a voice to women who've experienced debilitating pain, reminding them that it's not normal, and they don't have to simply put up with it."

"What's most meaningful to me is knowing that my daughters, and other girls like them, will grow up with access to resources and healthcare professionals who understand, and encourage these natural options," Natalie said.

"I didn't have that growing up. I was told surgery, and the contraceptive pill were the only management options. But now, I can make sure my daughters are aware of alternatives."

Natalie values the natural formulation of *Hey Sister!* and appreciates it is gentle on her body.

"After experiencing side-effects from other medications, I love that this is a natural option that feels kind to my body," said Natalie.

Nowadays, Natalie is passionate about encouraging other women to advocate for their health and wellbeing.

"Don't ignore your [menstrual] symptoms. You're not alone, and you deserve care and support."

"Speak up, seek help, ask questions, and be your best advocate because treatment options are available," Natalie said.

To learn more about *Hey Sister! Khapregesic®*, head here: 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 Natalie, please contact:

Kirsten Bruce or Alia Din, VIVA! Communications

M 0401 717 566 | 0403 878 645
T 02 9968 3741
E kirstenbruce@vivacomunications.com.au | alia@vivacomunications.com.au

References

1. Clinic M. Adenomyosis 2025; [Available from: <https://www.mayoclinic.org/diseases-conditions/adenomyosis/symptoms-causes/syc-20369138>].
2. Clinic M. Endometriosis 2025; [Available from: <https://www.mayoclinic.org/diseases-conditions/endometriosis/symptoms-causes/syc-20354656>].
3. Khan. HNKCM. Dysmenorrhea. StatPearls. 2023.
4. Direct H. Painful periods (dysmenorrhoea) 2025 [Available from: <https://www.healthdirect.gov.au/painful-periods#:~:text=seek%20medical%20help.,What%20causes%20period%20pain%3F,due%20to%20a%20health%20condition>].
5. Laparoscopy: Cleveland Clinic; [Available from: <https://my.clevelandclinic.org/health/procedures/4819-laparoscopy>]
6. 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.