

Natasa, 35

Finding strength beyond pain: a teacher's natural approach to period pain relief, **PERTH**

Teacher and former personal trainer, Natasa, 35, Perth, has dedicated her career to supporting young people at risk of falling behind in school. But behind her active lifestyle and commitment to her students, Natasa was fighting a private battle – endometriosis*. For years her days were marred by crippling pain, cancelled social plans, and an endless cycle of medications.

Menstrual pain (dysmenorrhoea) is defined as pain during your period, usually felt in the lower belly, and sometimes spreading to the back or inner thighs.² Secondary dysmenorrhoea is period pain caused by an underlying condition, such as endometriosis or fibroids.³

After enduring multiple surgeries and years of relying on painkillers, Natasa turned to alternative ways to manage her debilitating symptoms. That search led her to *Hey Sister!* **Khapregesic®** –

a non-hormonal, plant-based product providing fast-acting, dual-action support for period pain and pre-menstrual syndrome (PMS).⁴



Natasa now takes *Hey Sister!* at the first signs of PMS, such as breast tenderness and irritability. Within a few months, she noticed changes in how she managed her symptoms and found herself less reliant on other forms of pain relief. The routine has helped her feel more in tune with her cycle. Today, Natasa is a passionate advocate for menstrual health awareness and education, and encourages her students to speak up early if something doesn't feel right with their period.

This is Natasa's story.

Natasa's experience with period pain symptoms did not start immediately.

"Initially, I had no pain when I got my period at age 12. It wasn't until I stopped taking the pill at age 30 that I realised things were not as easy as I'd thought," said Natasa.

When the discomfort began, it was intense, and often disrupted her daily life.

"My career as a personal trainer at the time became almost impossible to manage. I had to cancel clients at the last minute because I couldn't even make it to the gym," Natasa said.

Natasa experiences a mix of physical and emotional symptoms around her period.

"My breasts ache, I become irritable, and mentally I slow down. The pain can feel like a sharp stab in my back. I get hot and cold sweats, and at times, I feel nauseous.

"Whenever I visited hospital, I would be given painkillers and sent home, like it was just something I had to put up with," said Natasa.

*A condition where tissue similar to the uterine lining grows outside the uterus, causing pain, heavy periods, and sometimes fertility issues.¹

She describes her pain as a 9.5 out of 10 – not quite a 10 because she wasn't actually passing out.

"I have two rechargeable hot water bottles ready at all times, because I know I can't cope if one runs out," Natasa said.

At age 30, Natasa's ongoing pain was diagnosed as endometriosis – a turning point that brought clarity, but imposed a significant emotional toll. She reflects on how the condition compromised her relationships and mental wellbeing.

"Everything felt overwhelming. It was a dark time. I felt like I'd lost myself.

"It was frustrating for my partners too. They felt helpless, and intimacy became difficult because of the pain. It put a strain on the relationship," said Natasa.

Natasa further recalls how her perspective on period pain shifted following her own experience.

"When we were younger, my sister used to have really bad period pain, but Mum and I thought she was exaggerating. You don't understand how serious the pain can be until you experience it first-hand.

"I had more acceptance [of period pain] when I was diagnosed with endometriosis," Natasa said.

Natasa now encourages her students to speak up about period pain, emphasising it shouldn't be dismissed as "normal."

"It's so important for girls to understand that endometriosis can impact fertility. My sister and I were both told in our mid-30s that our egg quality was low because of it. I don't want others to go through what we endured."

Natasa is hopeful that awareness is improving.

"It does feel like more people are talking about it now, thanks to better education, but for me, it wasn't until I had a diagnosis that I felt truly heard."

Yet increased awareness did not make the path to diagnosis and treatment any easier for Natasa.

"I waited so long just to see a surgeon. In the meantime, I obsessed over living an anti-inflammatory lifestyle and started avoiding social events altogether. Now, I'm facing another surgery – this time to remove an ovary because of a cyst," said Natasa.

Following her second surgery, Natasa received recommendations for *Hey Sister!* and decided to give it a try.

"Since starting *Hey Sister!*, my pain has felt more manageable. It hasn't reached the levels that used to stop me in my tracks. By the third month, I could really notice the difference."

Natural approaches have always felt more aligned with Natasa's values.

"Everything our body needs already exists in nature. Traditional remedies have been used for centuries. They just feel more balanced than relying solely on pharmaceuticals," Natasa said.

Nowadays, Natasa is a passionate advocate for menstrual health.

"I've been talking with other teachers about developing a program, since care schools often lack regular health classes. The Pelvic Pain Foundation also visits to raise awareness."

She urges anyone struggling with period pain or PMS to seek specialised medical advice without delay.

"See a gynaecologist in addition to your GP. They took my symptoms seriously and can identify issues with ultrasounds or MRIs.

"I've recommended *Hey Sister!* to my students because I share what works for me. Even if it helps just one person, it's worth it," said Natasa.

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 Natasa, please contact:

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