

Cecelia, 30

From painful periods to empowered choices:
A naturopath's journey to natural menstrual care, **IPSWICH**

Self-employed naturopath and certified fertility awareness educator, Cecelia, 30, Ipswich, has dedicated her career to supporting women understand their bodies and improve their health, hormones, and overall wellbeing.

Cecelia's personal journey with health and hormonal issues prompted her to seek support from a naturopath – an experience that ultimately inspired her to pursue the path herself.

After repeatedly being told her pain "probably wasn't anything serious," Cecelia pursued further investigation. Scans later indicated suspected adenomyosis* and endometriosis**. Determined to explore holistic ways to support her wellbeing, 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).³

Familiar with African mahogany (the key ingredient in *Khapregesic*®) from her University studies, Cecelia was curious to see how *Khapregesic*® might support her menstrual care.



Cecelia now takes *Hey Sister!* at the first sign of heaviness or discomfort – usually three-to-five days before her period. It has become a supportive part of her routine, alongside physiotherapy, dietary changes, and regular exercise. By reducing her reliance on conventional pain relief, Cecelia feels more in control, and no longer plans her life around her period. Charting her cycle and exploring natural options has helped her reconnect with her body. She encourages other women to discover what works for them, too.

This is Cecelia's story.

Cecelia began experiencing pre-menstrual syndrome (PMS) and period pain at age 12, often fainting and vomiting from the intensity of her symptoms.

"My symptoms were predominantly physical – bloating, heaviness in my abdomen and back, radiating down my legs.

"The pain stopped me from functioning, and I had to leave school frequently as a teenager. It compromised every aspect of my life," said Cecelia.

Frustrated by years of ongoing pain, Cecelia sought help from multiple GPs, but it wasn't until eight to ten years later that her symptoms were finally taken seriously and she was referred to a gynaecologist. A pelvic MRI [magnetic resonance imaging] revealed signs of endometriosis, adenomyosis, and unusually tense pelvic floor muscles.

"My GP initially reassured me it was likely nothing serious, which in hindsight, I view differently.

*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

"Surgery wasn't the right option for me at the time due to risks near my bowel. So I decided to explore holistic approaches instead," Cecelia said.

These challenges led her to see a naturopath – an experience that ultimately inspired Cecelia to become one.

"I know what it's like to face hormone issues and feel like you're searching in the dark.

"I began healing my body from the inside out, and now I love helping other women do the same," said Cecelia.

She discovered *Hey Sister!* during her search for a natural, non-hormonal option for PMS and period pain.

"I really wanted to reduce how often I was relying on pain relief. NSAIDs [Non-Steroidal Anti-Inflammatory Drugs used to reduce pain, inflammation and fever] were causing reflux, and I felt unsure about hormonal options," said Cecelia.

Cecelia recalls how stigma played a role in delaying her search for support.

"Growing up, my family doctor was male, and period pain wasn't a topic we discussed.

"In my late teens, I was mainly offered the pill or NSAIDs – natural options like *Hey Sister!* weren't available," Cecelia said.

"Awareness is definitely improving, but there's still a long way to go to ensure women and girls can access the support they need early on."

Cecelia starts taking *Hey Sister!* tablets three-to-five days before her period, and continues until her discomfort eases.

"I used to feel anxious knowing the pain was coming. I'd plan my schedule around it, expecting the worst.

"Now, I feel more prepared, less anxious, and able to manage my days with more confidence," said Cecelia.

Cecelia first learned about African mahogany (*Khapregesic*®), during her university studies.

"What interested me was how it's traditionally used for menstrual support, and that it felt like a gentler option for my body."

Given her longstanding, first-hand experience with PMS and period pain, Cecelia shares practical advice for others navigating menstrual health challenges:

"Don't stop searching for answers. If your symptoms are interfering with daily life, it's worth exploring further.

"Understanding what's going on with your body can open up new options. For me, finding natural products like this felt like a positive step toward better self-care," Cecelia said.

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 Cecelia, please contact:

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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.