

Christie, 39

Periods, pain & persistence: a government worker's resilience in managing hormonal challenges, MOUNT DUNEDD, VICTORIA

Government agency worker, former dancer, and gym enthusiast, Christie, 39, Mount Duneed, Victoria, has faced complex hormonal challenges throughout her life. Diagnosed with Polycystic Ovary Syndrome (PCOS)* as a teenager, she experienced intense period pain, bloating, and emotional changes that felt extreme compared to her peers. More recently, she has been undergoing medical assessments for Premenstrual Dysphoric Disorder (PMDD), further complicating her hormonal health journey.**

As Christie moved into adulthood, her symptoms continued to impact many areas of her life, from working remotely during severe cramps, to cancelling social plans due to fatigue and bloating. She was informed in her late 20s that she was medically infertile, leading to a difficult five-year effort to freeze her eggs – a process further delayed by the COVID-19 pandemic.



After trying various prescription treatments in her 20s that didn't suit her, Christie chose to focus on self-care strategies and over-the-counter options to manage her symptoms.

Today, Christie includes products like *Hey Sister! Khapregesic*® – a non-hormonal, plant-based product providing fast-acting, dual-action support for period pain and pre-menstrual syndrome (PMS) in her monthly routine, which she discovered through social media.³ This approach helps her feel more prepared and supported during her period, allowing her to maintain social and emotional wellbeing. Christie encourages other women and teens dealing with hormonal health challenges to stay curious and proactive, emphasising that every experience is unique and finding what works best is key.

This is Christie's story.

Hormones have played a prominent role in Christie's life. In fact, she has spent much of her life wrestling with complex hormonal symptoms related to PCOS, and more recently, has been undergoing medical investigations for PMDD.

"I've been hormonal since my very first period. But I didn't realise for a long time, that what I was going through wasn't considered normal," said Christie.

Diagnosed with PCOS as a teenager, Christie began to notice that her experience with periods was very different from her peers.

"The pain, the bloating and emotional changes all felt extreme, but I didn't have the language for it back then," Christie said.

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

**a more extreme type of premenstrual syndrome (PMS), causing severe anxiety, depression and mood changes.²

Her symptoms continued into adulthood. In her late 20s, a gynaecologist informed Christie she was medically infertile. Concerned about her future options, she began the process of trying to freeze her eggs – an arduous five-year-long journey that was further delayed during the COVID-19 pandemic.

"Trying to advocate for myself through that period was exhausting. There were times I didn't feel heard, and that was really disheartening," said Christie.

Christie's hormonal symptoms have compromised many aspects of her life. From working from home due to intense cramps, to cancelling social plans when bloating or fatigue proves overwhelming, Christie's symptoms have been a long-term challenge.

"When I'm bloated, I sometimes cancel events, even dates. It's not just physical, it really affects my self-confidence too.

"It feels like I only get one 'good week' a month," Christie said.

Christie further reflects on how her symptoms impacted her years as a dancer.

"In that world, there's a lot of pressure around appearance and body image. My body would change week to week depending on where I was in my cycle, and it definitely affected my mental health."

After struggling with a range of prescription treatments in her 20s, including hormonal options that didn't suit her, Christie chose to stop using this form of medication around 15 years ago.

"I didn't have a great experience with various treatments. For me personally, it made sense to look at other ways to support my body," said Christie.

Nowadays, Christie uses a combination of self-care strategies and over-the-counter products as part of her monthly routine. One product she includes is *Hey Sister! Khapregesic*, which she first came across on social media.

"I take it before and during my period. Including it in my routine has helped me feel more prepared during that time of the month," Christie said.

For Christie, having a regular routine helps her feel more at ease socially and emotionally.

"It's reassuring to feel like I have something in place that supports my wellbeing."

Christie appreciates the convenience of being able to include *Khapregesic* in her self-care routine.

"It's good to know there are accessible options that support my overall wellbeing," said Christie.

While every experience with hormonal health is different, Christie encourages other Australian women and teens living with period pain to stay curious and proactive about their own health and wellbeing.

"It's important to try different things and listen to your body. What works for one person won't work for another, but it's certainly worth exploring your options."

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 Christie, please contact:

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References

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2. Premenstrual Dysphoric Disorder (PMDD): Cleveland Clinic; [Available from: <https://my.clevelandclinic.org/health/diseases/9132-premenstrual-dysphoric-disorder-pmdd>]
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.