

Caylie, 33

Teacher navigating period pain since 13: a journey of listening, learning & reclaiming control, **GEELONG**

Teacher, Caylie, 33, Geelong, has been navigating the challenges of period pain since she was 13. Over the years, she has trialled a range of options to manage her symptoms, including cramping, bloating, fatigue, and discomfort. Like many women, her early experiences with period pain were met with limited solutions and a sense of dismissal from healthcare professionals.

After spending more than a decade managing her cycle through various means, including prescription medication and over-the-counter pain relief, Caylie sought a more holistic approach to support her wellbeing. She was introduced to *Hey Sister! Khapregesic*® – a non-hormonal, plant-based product providing fast-acting, dual-action support for period pain and pre-menstrual syndrome (PMS), via a personal trainer she follows on social media.¹ She now incorporates the product into her regular wellness routine and maintains it has become a helpful addition in the lead-up to, and during her period.

Caylie values that the product contains a traditionally used plant-based ingredient and is readily available both online and in local pharmacies. While her journey with period discomfort has been long and at times isolating, she is now focused on helping others feel more empowered to explore options, ask questions, and advocate for their health.

This is Caylie's story.

Caylie first began experiencing menstrual discomfort at age 12, starting with mild cramping. By 13, her symptoms had intensified to include bloating, fatigue, and more severe pain. Like many young women, she turned to over-the-counter pain relief to help manage the discomfort.

"I had my first period when I was 12, and experienced mild cramping. When I turned 13, I started to experience period pain, swelling and fatigue, and had to take regular pain relief medication to get through the day," said Caylie.

At 14, seeking further support, she visited her GP and was prescribed the oral contraceptive pill.

"I didn't know much about the pill at the time, and neither did my mum. We trusted the doctor's advice, but it didn't really help with my pain," Caylie said.

"I used to feel really anxious about my period because the pain was so intense it would make me physically sick.



"I relied on prescription medication to get through it, but always had this worry in the back of my mind about taking it so often and becoming dependent on it," said Caylie.

She remained on the pill until the age of 28, but found little relief from her symptoms over that time.

"I was also advised to keep using pain relief with the pill, but the pain was still so intense it would sometimes make me physically sick. It became something I dreaded every month," Caylie said.

Over time, Caylie began to question her long-term reliance on medication, and decided to gradually come off the pill. Not long after, she noticed unexplained bruising on her legs. Her concerns were initially dismissed as "health anxiety," but a second medical opinion revealed she was anaemic and had very low vitamin D levels.

"That experience taught me how important it is to listen to your body and seek a second medical opinion when necessary," Caylie said.

As part of her evolving approach to managing her health, Caylie discovered *Hey Sister!* through a personal trainer on Instagram. She appreciated its natural properties, and after reading more about the product, decided to try it.

"I always keep a box on hand and no longer feel as anxious around that time of month," said Caylie.

In addition to incorporating *Hey Sister!* into her wellness routine, Caylie has embraced regular movement, such as Pilates and hot yoga, and prioritises rest when needed.

"It's not just one thing that helped – it's been a combination of listening to my body, finding supportive products, and making informed choices."

Caylie says she now feels more in control and confident in how she manages her cycle. She offers this message to other Australian women and girls navigating PMS and menstrual discomfort:

"I'd encourage others to be patient with the process and do their own research. Everyone's experience is different, and it can take time to figure out what works best for you."

"Over time, I've learned to advocate for myself more confidently, and it's really encouraging to see the shift in how my friends talk to their daughters about periods and health," Caylie said.

"I've personally found *Hey Sister!* to be a helpful addition to my routine. I like that it's made from natural ingredients and feel it's a gentle option to try."

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.
- 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 Caylie, please contact:

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References

1. 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.