



MedRoots Releases Pelvic Pain, unPacked Podcast Episode on Sex Therapy and Intimate Wellness

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MedRoots, a physician-created CBD brand based in Windermere, Florida, has published the twelfth episode of its podcast Pelvic Pain, unPacked, along with a companion article on the company's resources site. The episode features host and co-founder Tamar Hill in conversation with Theresa Litz, PhD, a licensed clinical social worker and sex therapist whose doctoral work focused on human sexuality studies. MedRoots offers CBD suppositories, personal lubricants, transdermal patches, topicals, and edibles formulated under the medical oversight of Charity Hill, MD, a board-certified physiatrist.

Much of the episode addresses a subject that receives limited public discussion: what sex therapy actually involves. Litz describes the practice as talk therapy, with any physical component assigned privately between sessions rather than conducted in the room. She also notes that sex therapy cases are rarely confined to intimacy alone, since work stress, sleep, relationship dynamics, and daily responsibilities frequently intersect with how people experience closeness.

The episode's central educational segment covers the distinction between spontaneous and reactive desire. Spontaneous desire arises without a particular prompt or setting. Reactive desire emerges in response to

presence, curiosity, and context, and Litz notes that many adults managing full schedules experience desire this way. Framing that difference as variation rather than deficiency, she argues, changes the conversation for people who have concluded that something is wrong with them. The episode also covers a non-linear model of intimacy in which several forms of physical connection each stand complete on their own terms, and the communication skills that model asks partners to practice.

Litz outlines several signals that lead people to seek out a sex therapist, among them a sense of having stalled despite steady progress with a physical therapist, persistent guilt or self-consciousness around closeness, or a loss of curiosity about physical connection altogether. Her answer on timing is direct: whenever a person feels ready. Both speakers describe realistic progress as a gradual widening of the good stretches rather than a single turning point.

MedRoots' Pleasure Line is formulated to support relaxation and comfort during intimate moments. The line includes Pleasure CBD Suppositories with 75mg of full-spectrum CBD per insert, available in 10 ct or 30 ct, along with oil-based and water-based personal lubricants. All MedRoots products are manufactured in pharmaceutical-grade facilities to CBDTQM standards using U.S. organically grown hemp, and every batch passes through three rounds of testing, including two independent tests at ISO-accredited third-party laboratories.

"Pelvic and intimate wellness has been the most under-served corner of the wellness aisle for decades," said Tamar Hill, co-founder and CEO of MedRoots. "We started this podcast because the conversations people most need to have are the ones they were taught to whisper about. Bringing in a clinician like Dr. Litz gives listeners language for something they may have carried alone for years, and it makes the whole subject a little less awkward."

"Every MedRoots formula comes together with the same set of questions in front of it, starting with what belongs in it and what does not," said Charity Hill, MD, medical director and co-founder of MedRoots. "The Pleasure Line is built on full-spectrum hemp CBD, cocoa butter, and magnesium, with nothing added for shelf appeal. That discipline is the reason the CBDTQM framework exists, and it is why every batch goes to an ISO-accredited laboratory before it leaves our hands."

MedRoots ships its full product line to all 50 U.S. states and Washington, D.C., and offers a 30-day money-back guarantee on direct purchases. The company also operates a wholesale practitioner channel serving medical doctors, naturopathic doctors, pelvic floor physical therapists, chiropractors, nurse practitioners, and pharmacists who work with patients navigating pelvic and intimate wellness concerns.

Episode 12 of Pelvic Pain, unPacked is available on the MedRoots resources site alongside the full episode archive. Information on the Pleasure Line and the company's catalog of physician-formulated personal care products is available at medroots.com. MedRoots plans to continue publishing podcast episodes and written resources featuring clinicians working in pelvic and intimate wellness.

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MedRoots

MedRoots is your trusted source for high-quality CBD products formulated to promote overall wellness. Our mission is to enhance your well-being through the power of nature.

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