



MedRoots Highlights CBD's Emerging Role in Menopause Relief

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MedRoots is drawing attention to the broader realities of menopause and perimenopause in its article, "Menopause Symptoms Relief: The Natural CBD Solution for Hot Flashes, Sleep, and Mood", which examines how this stage of life can affect far more than temperature regulation alone. The piece highlights the range of symptoms women may experience during the menopause transition, including sleep disruption, mood changes, brain fog, joint discomfort, vaginal dryness, and metabolic changes, while also exploring the emerging role of CBD as a complementary option for symptom support.

The article is based on Episode 6 of Pelvic Pain Unpacked, featuring Victoria Byrd, PharmD, an integrative women's health coach and certified menopause educator with more than two decades of healthcare experience. In the discussion, Byrd explains that menopause education has long been insufficient in traditional healthcare settings, leaving many women to navigate difficult symptoms with limited guidance. The article presents that gap in education as part of the reason so many women reach midlife feeling confused by changes that affect their mood, sleep, weight, and overall quality of life.

Among the key points highlighted in the article is the role of hormone decline, particularly progesterone and

estrogen, in shaping menopause symptoms. Byrd notes that progesterone is often the first hormone to decline in perimenopause, which can reduce the body's ability to stay calm and sleep well. The article also explains that estrogen loss can contribute to changes in insulin processing, bone density, cardiovascular health, and vaginal tissue integrity. In addition, it points out that vaginal dryness, tissue thinning, and increased urinary tract infection risk can significantly affect quality of life, even though many women do not raise those concerns unless directly asked.

The article also addresses how often menopause-related mood and cognitive symptoms are misunderstood. Byrd states, "Mood symptoms often come first," and explains that those symptoms are sometimes treated as isolated mental health concerns rather than connected to hormone fluctuation. Sleep disruption is described as similarly multifactorial, involving not only racing thoughts and stress but also hormonal changes that affect cortisol and melatonin signaling. The discussion further notes that brain fog and memory lapses are common in perimenopause, adding to the burden many women already face during this transition.

A significant focus of the article is the developing scientific interest in CBD and the endocannabinoid system. MedRoots explains that cannabinoid receptors and estrogen receptors are both found throughout the body, and the article references early research involving estrogen-deprived mice in which CBD was associated with significant improvement in menopause-related symptoms. Tamar Hill, MedRoots founder and host of the podcast, is careful to draw a distinction between support and cure, stating, "I'm not saying CBD is a cure or a replacement for estrogen ? but for women who can't or don't want to use estrogen, it may be a meaningful complementary option."

The article further explores how CBD may support several challenges associated with menopause, including joint discomfort, sleep quality, mood regulation, pelvic discomfort, and muscle discomfort. It also distinguishes between vaginal lubricants and vaginal moisturizers, stressing that they serve different purposes and that daily vaginal moisturizers can be beneficial regardless of sexual activity. Byrd states, "A lubricant and a vaginal moisturizer are not the same thing," reinforcing the article's emphasis on practical education and symptom-specific support.

Stress management is presented as another major theme. Byrd argues that unmanaged stress may be one of the most important drivers of poor sleep and worsening symptoms during midlife. Rather than framing menopause care around a single intervention, the article emphasizes a broader strategy that includes stress reduction, movement, nutrition, sleep support, pelvic health awareness, and informed conversations with qualified providers. The overall message is that normalization, education, and individualized support can help women better understand what is happening in their bodies and make more informed decisions about care.

For more information, visit MedRoots or learn more through the company's contact page. Reporters interested in speaking with Tamar Hill or requesting additional background on the educational discussion featured in the article may contact MedRoots directly.

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