



MedRoots Releases Educational Podcast Episode on Pelvic Health Physical Therapy and Natural Wellness Routines

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MedRoots, a physician-created CBD brand based in Windermere, Florida, has released a new episode of its Pelvic Pain, unPacked podcast along with a companion educational article on resources.medroots.com. The company offers a line of CBD suppositories and personal care products formulated under the medical oversight of Charity Hill, MD, a board-certified physiatrist. The new installment, available as the latest Pelvic Pain, unPacked episode, features pelvic health physical therapist Dr. Sarahann Callaway in a wide-ranging conversation about pelvic health physical therapy and the role of natural wellness routines in supporting everyday comfort.

The episode explores pelvic health physical therapy as a field that considers the whole body, including bladder, bowel, and sexual function, rather than any single area in isolation. Dr. Callaway, who founded Just Breathe Physical Therapy and Wellness in Ardmore, Pennsylvania, and established the Tri-State Pelvic Health Summit for pelvic health practitioners in her region, brings more than a decade of clinical experience to the discussion. Over the course of the episode, the conversation covers what pelvic health physical therapy involves, how practitioners assess the bladder, bowel, and sexual systems as connected parts of the

body, and how natural wellness routines can fit alongside a person's broader care team.

MedRoots offers its CBD suppositories as one plant-based option that people may choose to incorporate into a daily wellness routine. The company's Wellness Daily suppositories are a daily, THC-free formulation that supports pelvic relaxation and comfort, available in 10-count or 30-count sizes, while the Wellness Plus suppositories are the company's highest-potency wellness suppository, formulated for targeted CBD delivery and muscle relaxation support. The brand also offers a hormone-free vaginal moisturizing suppository that combines CBD isolate with hyaluronic acid to support hydration and comfort.

Every MedRoots suppository is manufactured in pharmaceutical-grade facilities to the company's CDBTQM (CBD Total Quality Manufacturing) standards and tested in three rounds, including two independent ISO-accredited third-party laboratories. The company sources U.S. organically grown hemp and states that its finished products are free from pesticides, heavy metals, residual solvents, microbials, and mycotoxins. All full-spectrum MedRoots products contain no more than 0.3 percent THC, the federal limit under the 2018 USDA Farm Bill, and the company also offers THC-free formulations for customers who prefer to avoid THC entirely. MedRoots describes its products as plant-based, non-addictive options designed to support comfort and balance as part of a daily routine.

"Pelvic and intimate wellness has been one of the most overlooked corners of the wellness conversation for decades, and too many people have been told to simply push through their discomfort," said Tamar Hill, co-founder and CEO of MedRoots. "We created Pelvic Pain, unPacked to bring practitioners like Dr. Callaway into the conversation, to normalize these topics, and to give people clear information about the options available to them."

"As a board-certified physiatrist, I review every MedRoots formula, and the standard we hold for manufacturing and testing is higher than the CBD industry has historically set for itself," said Charity Hill, MD, medical director and co-founder of MedRoots. "Practitioners across pelvic health, naturopathic medicine, and primary care have increasingly looked for plant-based, non-addictive options with manufacturing they can trust, and that is what we set out to provide."

MedRoots ships its full product line to all 50 U.S. states and Washington, D.C. through medroots.com. The company also operates a wholesale practitioner channel that serves medical doctors, naturopathic doctors, pelvic floor physical therapists, chiropractors, nurse practitioners, and pharmacists, and it backs direct purchases with a 30-day money-back guarantee.

MedRoots was founded in 2021, originally as Pacific Roots, and offers CBD suppositories, transdermal

patches, muscle cream, personal lubricants, vegan gummies, and full-spectrum tinctures formulated for daily comfort and wellness. More information about the company and its product line is available at medroots.com. The company plans to continue publishing Pelvic Pain, unPacked episodes and educational resources that bring clinical perspectives and natural wellness information to a wider audience.

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For more information about MedRoots, contact the company here: MedRoots Charity Hill, MD (833) 797-7576 info@medroots.com 13790 Bridgewater Crossings Blvd #1080 Windermere, FL 34786

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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