



MedRoots Spotlights Natural Relief for Pelvic Discomfort with CBD Suppositories

May 12, 2026

WINDERMERE, FL - May 12, 2026 -

Pelvic discomfort remains one of the most widespread yet under-discussed health challenges, particularly among women. In a recent article titled "Natural Relief for Pelvic Discomfort: How CBD Suppositories Are Changing Women's Lives", MedRoots brings national attention to the often-overlooked issue and introduces CBD suppositories as a natural, non-narcotic support tool for those suffering from chronic pelvic tension, cycle-related cramping, intimacy discomfort, and more.

According to the article, an estimated one in ten individuals experience pelvic discomfort, yet many spend years seeking an accurate diagnosis. Tamar Hill, founder of MedRoots and host of its educational podcast, explains that "it takes four to ten years and about five different doctors" for most people to receive a diagnosis, underscoring how often pelvic pain is minimized or misunderstood in the clinical setting. Dr. Charity Hill, a board-certified physician and medical advisor for the brand, further emphasizes the psychological impact: "There's an emotional and psychological toll when someone is told repeatedly that their discomfort is 'normal' or that nothing's wrong."

MedRoots was established to shift that paradigm by offering clean, plant-based products informed by medical

research. The company's flagship line of CBD suppositories is designed to offer relief across a wide range of pelvic-related symptoms. The article explains that these include conditions such as endometriosis, interstitial cystitis, pelvic floor dysfunction, hormonal dryness, and even perimenopausal tissue sensitivity. Products are available in both THC-free and full-spectrum formulations, with specific options targeting either daily wellness, intimacy preparation, or vaginal moisturization.

A central theme of the article is the importance of delivery method. While oral CBD products are widely available, MedRoots' approach focuses on suppository application for either vaginal or rectal insertion, depending on the location and type of discomfort. Vaginal application is suggested for cycle-related pain and intimacy discomfort, while rectal use provides broader nervous system support and is especially relevant for individuals who cannot use vaginal products due to surgery or sensitivity. Dr. Charity explains that this method "allows us to get the ingredients exactly where they're needed" with quicker relief and better absorption.

The company's formulations pair CBD with cocoa butter and magnesium to target inflammation, nerve sensitivity, and muscular tension in the pelvic region. Users can choose from THC-free options such as the Wellness Daily suppositories and Vaginal Moisturizer or full-spectrum options that include trace amounts of THC to leverage what Dr. Charity refers to as the "entourage effect." As outlined in the article, those who are sensitive to THC, undergoing drug testing, or seeking a conservative approach may prefer the isolate version, while others report stronger results from the full-spectrum formulation.

MedRoots positions their suppositories not as a cure-all, but as one piece of a comprehensive wellness toolbox. The article encourages pairing the products with pelvic floor therapy, trauma-informed care, and cycle tracking. The brand also highlights other use cases for CBD suppositories beyond reproductive conditions, including support for irritable bowel syndrome (IBS), constipation, pudendal neuralgia, and hemorrhoids. Magnesium, an ingredient in their suppositories, is noted for aiding gentle bowel movements, while CBD works to calm overstimulated nerves in the pelvic region.

The article addresses applications for various life stages and medical needs, including menopause, surgical recovery, and painful pelvic exams. MedRoots' Vaginal Moisturizer is designed specifically for individuals dealing with dryness or tissue sensitivity, whether from hormonal shifts, chemotherapy, or radiation. For those with a history of trauma or anxiety around pelvic procedures, the article explains how pre-insertion of a suppository may ease muscle guarding and emotional tension.

As part of its broader mission, MedRoots continues to advocate for education, transparency, and individualized care. Tamar Hill explains, "We don't claim CBD cures anything. But we've seen it give people more control, more comfort, and more clarity about what's happening in their body." The brand encourages those experiencing pelvic discomfort to explore multiple modalities of care and stresses the importance of

listening to one's body when determining product type and timing.

For additional information on MedRoots' product offerings and the full article detailing natural relief for pelvic discomfort, visit MedRoots website. Reporters seeking interviews or expert commentary from Dr. Charity Hill or founder Tamar Hill are encouraged to reach out via the company's contact page.

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MedRoots

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