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November 2025

One of our most popular blogs from 2017 was a [“holiday survival guide”](#) that Joanne wrote to help people navigate the diet talk and behavior that can sometimes take place when one gets together with friends and family for the holidays. Because the explosion of GLP-1 usage in recent years has further complicated these gatherings, Joanne has updated her blog for 2025.

Thanks,
Jonah

Surviving the Holidays in the Ozempic Era

As we approach Thanksgiving, many of my patients are concerned about interacting with family members and friends who have started taking GLP-1s over the past year for weight loss. [Read More](#)



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