

Your appetite changed. Life didn't.

What happens to your relationship with food when hunger feels different?

01 · SYNOPSIS

Family dinners, work lunches, holidays and celebrations continue when appetite changes. Monique explores everyday questions around eating alongside GLP-1 treatment: what feels different, what still needs attention and what people want to ask their treating team.

02 · AUDIENCE RELEVANCE

Health podcasts, moderated panels and professional events.

03 · DISCUSSION POINTS

- Appetite, enjoyment and the social place of food.
- The habits and expectations that may remain when hunger changes.
- Everyday food questions worth bringing into clinical conversations.

04 · SUGGESTED HOST QUESTIONS

- What questions about food can arise when appetite feels different?
- What parts of everyday life continue alongside GLP-1 treatment?
- How can people bring food questions into clinical conversations?
- What is within general food education and what belongs with a treating team?
- Why do family meals and celebrations still matter?

05 · INTENDED AUDIENCE OUTCOMES

- A scope-aware framework for the conversation.
- Useful everyday questions for clinical discussions.
- No medication, prescribing or treatment claims.

ABOUT MONIQUE

Monique Etkind is an Accredited Practising Dietitian, speaker and co-founder of *meforme*™. With more than twenty years in private practice, she explores the often unspoken relationship between food, everyday habits and self-confidence. Her approach is warm, candid and practical. Her philosophy: steady is a skill.

06 · BOOKING CONTACT

Media and speaking enquiries: moniqueetkind.com/contact (choose "Media and speaking").