

# BANT WORLDWIDE REGIONS (EXC. EUROPE)

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## Overview

Currently there are 19 qualified NT's and 5 students registered with BANT living overseas. We are from USA, Costa Rica, Colombia, Australia, Asia and the Middle East. The group was established in January 2012; we all encourage and support Nutritional Therapy to go global!

## Objectives for first meeting – all met!

- ✓ Compiled a list of priorities of what we want out of each meeting.
- ✓ Discussed our common problems and some solutions.
- ✓ Discussed Which? Article = leading on to clinical audits.
- ✓ Set speakers for next meeting.
- ✓ Set up shared files, documents and on-line resources.

## Common Issues

- Qualifications not recognised so cannot get a license to practice or limited to certain fields e.g. weight-loss.
- Insurance – hard to get or can't get any due to above!
- Supplements – Hard to find, high cost of importing, (if the company will sell to you due to country boundaries and agreements). HCl & Betaine illegal in some locations - where as Melatonin is legal.
- CPD – hard to find and keep up the hours.
- Testing companies – again boundaries between organisations - hard to find out about standards, labs will not put test through on insurance unless signed by GP. Customs forms for samples – additional caution required, concern over lost test results.
- Isolated.
- Hard to 'keep chin up' when alone and other health professionals don't recognise or appreciate our skills and knowledge.

## On the positive side...

- If you have determination and the right mind-set you can achieve whatever you set out to – it may just take some time!
- Less direct competition.
- Opens more doors to network such as with Medical Practitioners at CME.
- Observe the UK from a distance and tweak what works for us!
- Learn about other diets, cultures and foods.

## Our Next Meeting

- See if one of our members has moved successfully to Australia, settled her children into school and made some friends.
- Discuss common issues (if any) on clinical audit.
- Listen to our outside speaker who will give us tips on radio presentation and working with the media.
- Make a Kindle list – so we can e-loan our nutrition related books.

## Why are we still BANT members?

- We are qualified and want to be part of a UK recognised professional body.
- A safety net if the country in which we reside decides they have a problem with us.
- Some don't know and are considering saving their money, next year. I hope to give them a reason to stay!

## Obstacles I have Overcome!

- I can't read Arabic! How do I read labels?
- Help! Skype is illegal.
- If I see male clients then I need a separate waiting area for my female clients.

## Long Term Aims

- Our qualifications are recognised outside of the UK.
- Support BANT to enable communications with other health professional organisations.
- Support, encourage, share and inspire one another.
- Refer clients to one another.

## Stories...

*It has taken one of our members nearly THREE years to get her qualifications recognised in order to gain insurance ~ she is starting her business this week ~ that's determination!*

*It took me TWO YEARS to convert my BCNH license / BANT membership into the equivalent in Bahrain. The Ministry of Health did not see it as valid. So, my membership with BANT at that stage was almost useless. My case was the reason for a change in the law in Bahrain, which now allows non-doctors to practice nutrition. I now have my own radio show, have written a number of books and am regularly seen on TV.*

*Alia Almoayed*

## Final comment...

*One member when asked about why she wanted to be part of the group responded with "I want to get back in touch with my professional life ~ my nutrition life ~ working with nutrition is the best reward ever".*