



Find a Practitioner for more personalised help

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, our Registered Nutrition Practitioners are expertly trained to help you...



Make mine a one-to-one session...

General advice is exactly what it says on the tin, general. Whilst it can be helpful, it may not be truly beneficial for you and your health concerns. You might need a more personalised approach.

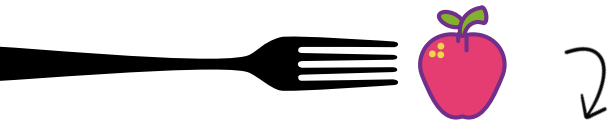


where can you find our BANT nutrition practitioners?

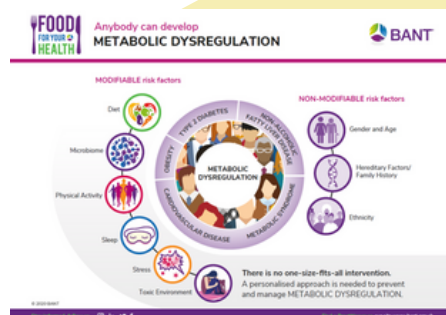


BANT nutrition practitioners can be searched for on our website at bant.org.uk using the 'Find a practitioner' tool on the homepage. We have a nation-wide network of nearly 3500 members offering one-to-one consultations & group sessions. BANT members are required to be registered either with Complementary and Natural Healthcare Council (CNHC) or be statutorily regulated.

what is Nutritional Therapy



Nutritional therapy is quite simply applying a food-first philosophy and personalised approach to help you make healthy food and lifestyle choices. Practitioners help you optimise your food choices for a happier, healthier you.



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