



BANT[®]

Science-based nutrition
practice since 1997



What is hot in CPD? More great events on offer...

Hello there,

What a start to the month for our learning, with the first BANT Event of 2024 on Gut Health. Ticket sales into the hundreds, with a full room of people for the second day live in Birmingham. Thanks to all those who attended for the great feedback and to the BANT Events Team for their amazing and efficient management. Don't be left out in future – sales are already open for the BANT June event on Healthspan and Optimal Aging. See below for details on how to grab your ticket.

The inaugural NED Science Forum on 13 May at the Royal Society of Medicine is now sold out! We have however, opened a wait list which you can sign up to. See link below. We are looking forward to seeing those lucky enough to have a ticket in London.

The BANT webinar programme continues. On 5 March, we hosted [Enzyme Science](#) with Leyla El Moudden sharing her knowledge and expertise on the use of enzymes for various functional gut disorders. This is now available on the Learning Zone in the Digestion and Microbiome category. Have a browse around whilst you are there. We have a large and growing library of webinars exclusively available to you as a BANT member.

Keep scrolling for the full range of CPD from our recognised training providers below. Browse further on the [Events and Conferences page](#).

If you have any questions or feedback, please send a message to BANT's Science and Education Manager, Clare Grundel at clare.grundel@bant.org.uk.

Scroll down for this month's CPD offering.

Keep an eye on the list of BANT CPD recognised events [here](#) as it is constantly updated.



Ultra-processed Foods. The Science, the Perception and the Debate

Live on Monday 25th of March 2024
from 12:00 - 13:00

Join David Titman, Registered Nutritionist as he presents on the science of Ultra-processed Foods, the good and bad of classification systems, general public perceptions and the state of debate in public health institutions.

[Book your Place](#)



Enzymes and Gut Disorders

Recording now available. Education provided in partnership with [Enzyme Science](#)

Listen to Leyla El Moudden, Naturopath, Herbalist and Clinical Director for Enzyme Science UK, as she presents on how to use enzyme supplementation for effective management of diverse digestive disorders.

Listed in the BANT Learning Zone under category - Digestion and Microbiome

[Watch the Webinar](#)



BANT Science-based nutrition practice since 1997

NED Science Forum

OPEN TO ALL BANT MEMBERS OR BY INVITATION ONLY

Join us....

Monday 13th May
from 16:30 - 20:30
The Royal Society of Medicine

Don't miss the launch of this exclusive event to support science-based personalised nutrition and lifestyle interventions!

The ROYAL SOCIETY OF MEDICINE

nutrition EVIDENCE

Sold Out! Join the waiting list.

13 May 2024 4.30-8.30pm at The Royal Society of Medicine, London

Networking, debate and discussion on 'Blue Zones' and the future of nutrition science. Join the waiting list or watch for the event recording available to all BANT members.

[Join the Waiting List](#)



BANT | EVENTS
Q2 2024

HEALTHSPAN & OPTIMAL AGING

Join us to explore nutrition & lifestyle approaches to enhancing healthspan

BOOK NOW

SATURDAY 29 JUNE 2024
VIRTUAL ONLINE EVENT

Healthspan and Optimal Aging

Live on-line 29 June 2024

Tickets are on sale for the second BANT event of 2024. Join us online on Saturday 29 June 2024, for a deep dive into healthspan and optimal aging. This event will cover the latest research and theory with a strong emphasis on science-based tools and tips for use in clinical practice. Speaker line up is shaping up. Watch out for further announcements.

[Buy your Ticket Today!](#)



This article has been Expert reviewed

nutrition EVIDENCE

Expert Reviews on aspects of the Gut Health

- [Effects of Probiotics in Adults with Gastroenteritis: A Systematic Review and Meta-Analysis of Clinical Trials](#) in Diseases. 2023. With Expert Review from Georgie Murphy
- [Probiotics fortify intestinal barrier function: a systematic review and meta-analysis of randomized trials in Frontiers](#) in Immunology. With Expert Review from Gail Brady

Our FoodPrint® test can identify which foods are stimulating delayed immune responses, or IgG food sensitivities. Delayed food reactions may be contributing towards chronic, unresolved health conditions with multiple aetiologies.

One small blood sample will test delayed immune responses to over 200 foods. Target the top culprit foods for a three-month elimination, allowing the gut barrier to repair, supported by your evidenced dietary and supplement protocols. Retest your client's tolerance to those foods and understand how to reintroduce them back into the diet and at what quantity and frequency.

<https://www.cnslab.co.uk/our-tests.html>



Genova Diagnostics provides comprehensive and innovative laboratory testing services for the assessment of complex chronic health issues.

Genova's functional testing looks at clinical data that relates to gut health, nutrition, immune function, the endocrine system, and genomics to identify underlying causes of chronic health issues and barriers to optimal wellness.

Our dedicated clinical support team and easy-to-read reports help turn results into actionable information. This gives clinicians the tools needed to accurately develop targeted treatments specific to their patients, improving their lives and well-being by bringing insights into the complexity of health.

For more information on how our systems-based testing approach can help target the issues your clients are facing, please visit our website at <https://www.gdx.net/uk/> or email us at infouk@gdx.net



Fusing Medicine & Nature: Our team of scientists, naturopathic doctors and herbalists fuse medicine from around the world with nature to bring synergistic, nutrient rich formulations to help nourish and restore the body and mind.

Guaranteed High-Quality Nutraceutical Blends: We are passionate about delivering results you can feel; every raw ingredient is tested 3x over for its purity and potency. New Roots

Herbal has over 35 years of experience in researching, testing and manufacturing ISO certified formulas.

Exclusive Support & Professional Resources:

Register or log in to access exclusive professional resources and support including expert webinars, protocols/ programmes and training.

<https://www.newrootsherbal.eu/en/customer/account/create/>

Other upcoming CPD events

For further details of the following events and to register, please visit BANT's full event listing [here](#):

- **CoLab Services Ltd** – Biotoxins in Clinical Practice Course with Dr Eric Dorninger, Dr Scott McMahon and Louise Carder. Live and recorded, virtual and in person from 31 January – 31 March 2024
- **Pharma Nord** – Exhausted? Strategies for Optimising Energy with Lorraine Nicolle, Katie Sheen and Sue Camp. Various dates and events across the country
- **BioCare** – Into the Humanverse: Our Interaction with the Environment through Nervous, Immune and Detoxification Interfaces with Alessandro Ferretti. Various dates and events across the country
- **YorkTest** – Understanding Food Intolerance Testing Methods with Dr Gill Hart. Live on-line on 12 March 2024
- **Lamberts** – The Art of Clinical Practice Virtual Conference with Shoela Currey and Dr Miguel Toribio-Mateas. Live on-line on 12 March 2024
- **ION** – Working with Complex Autoimmunity in Clinical Practice with Robyn Puglia. Live on-line between 13-20 March 2024
- **Clinical Education** – Functional Medicine Advanced Practice Module Cardiometabolic Europe 2024 with Michael Stone, Yousef Elyaman and Shilpa Saxena. Live on-line from 15-17 March 2024
- **NutriHub** – Long Covid 2024 – Update and Research with Antony Haynes. Live on-line on 18 March 2024
- **Herrens-Mark APS** – Treating Menopausal Symptoms and Osteopenia in Women with Fermented Red Clover Extract with Dr Max Lambert. Live on-line on 19 March 2024
- **IHCAN** – Menopause, Perimenopause and Prevention of Osteoporosis – How to Help Women Through This Stage in Their Life with Dr Marilyn Glenville. Live on-line 19 March 2024
- **Lamberts** – Lymphatic System: The Forgotten System with Shoela Currey. Live on-line on 20 March 2024
- **IHCAN** – Understanding the Gut Microbiome as a Neuroendocrine Powerhouse with Dr Sarah Ellis. Live on-line on 9 April 2024
- **Lamberts** – Extracellular Matrix: Key for Development and Repair with Shoela Currey. Live on-line on 17 April 2024

- **ION** – Adrenal Dysregulation: A Behavioural Approach with Claire Doherty. Live on-line 24 April 2024
- **The Centre for Integrative Sports Nutrition** – Short Course in Integrative Sports Nutrition with Ian Craig and Simone do Carmo. Live on-line from 25 April to 23 May 2024
- **Lamberts** – Masterclass in Female Health: Preconceptual Care for Women and Nutrition During Pregnancy with Justine Bold. Live on-line 25 April 2024
- **ION** – Cancer: Nutritional Support Before, During and After Treatment and Beyond with Dr Carol Granger. Recording on demand
- **ION** – Nutrigenomics: A Simplified Approach with Anne Pemberton. Recording on demand
- **BANT Webinar** – The Role of IgG Hypersensitivity in the Pathogenesis and Therapy of Mental Disorders with Dr Nigel Abraham in partnership with CNSLab. Recording available in the BANT Learning Zone
- **BANT Webinar** – Functional Digestive Interventions for Upper GI Conditions with Alicia Galvin in partnership with Microbiome Labs. Recording available in the BANT Learning Zone
- **BANT Webinar** – Enzymes and Gut Health with Leyla El Moudden in partnership with Enzyme Science. Recording available in the BANT Learning Zone
- **Clinical Education** – Understanding What Makes us Human: Navigating Trauma's Impact in the Functional Medicine Matrix with Leonie Ash. Recording on demand

To see full details of all these events, including prices and registration, please visit BANT's full CPD events listing [here](#).

Keep checking back to this list – add to your favourites! – as new events are being added on a regular basis.



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