



BANT[®]

Science-based nutrition
practice since 1997



BANT SCIENCE AND EDUCATION

Explore the Latest
CPD and eLearning

From a Gut Health Bonanza to Longevity and Blue Zones. We've got CPD for you!

Hello there,

For the first quarter of 2024, BANT has been all over Gut Health. We've released 3 webinars in partnership with quality education providers on different aspects of digestion, thanks to [CNSLab](#), [MicrobiomeLabs](#) and [Enzyme Science](#). If you were not able to join live, you can now watch them in the [BANT Learning Zone](#), all in the Digestion and Microbiome category. The first BANT Event of the year focused on Gut Health and Functional Testing and featured eminent speakers including Jason Hawrelak, Tracey Randell and Ben Brown. If you missed it – where were you?! Tickets for second BANT event are already on sale – see below for details.

Activity in NED followed the same gut theme, culminating in the release last week of a special bumper edition of the NED Journal on Gut Health and the Microbiome, which includes 23 peer-reviewed expert reviews from our panel. BANT and the NED Editorial Board thank [Pure Encapsulations](#), [BioNutri](#) and [Canxida](#) for supporting this edition.

Organising for the inaugural NED Science Forum on 13 May at the Royal Society of Medicine continues apace. The event sold out in less than 24 hours but we will be recording all presentations and making them available to BANT members through the Learning Zone. We are looking forward to seeing those lucky enough to have a ticket in London.

Q2 sees us moving into Longevity, Healthy Ageing and Blue Zones. Our April webinar is delivered in partnership with [Nouveau Healthcare](#) and takes a dive into Histamine. See below for details.

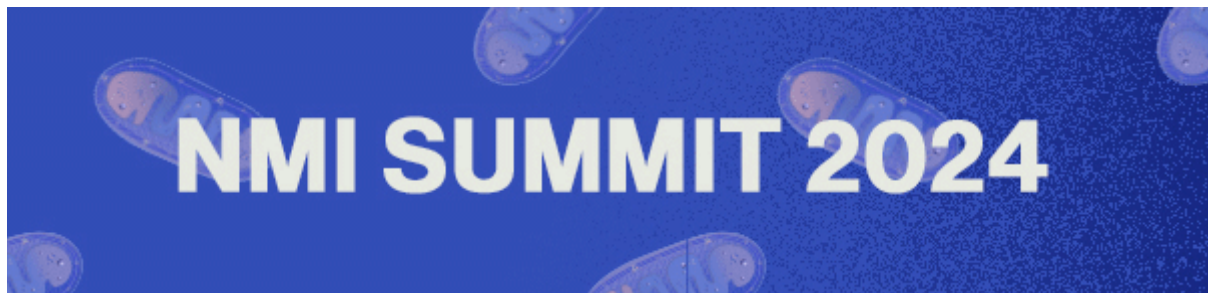
Keep scrolling for the full range of CPD from our recognised training providers below. Browse further on the [Events and Conferences page](#).

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.

This email is sponsored by:



A green-bordered graphic for a BANT webinar. At the top is the BANT logo, which consists of a stylized globe icon with green, blue, and purple segments, followed by the word "BANT" in purple. Below the logo is the word "WEBINAR" in bold black capital letters, followed by "PARTNERSHIP PROGRAMME" in bold black capital letters. A thin horizontal line separates this text from the tagline "Enriching your Continued Professional Development" in a smaller font. At the bottom is a green icon of a computer monitor with a person silhouette on the screen. A red speech bubble with a white dot and the word "LIVE" in white capital letters is positioned over the top right corner of the monitor icon.

Enhancing Healthy Ageing: Insights from the Reversing Biological Age Pilot Study

LIVE in partnership with [Pure Encapsulations](#) - Online on 9 May 2024
at 10am

Join Dr Denise Furness as she presents on the epigenetic test used in the above study, the 3-month protocol employed and the cohort results.

[Sign up Here](#)



Anti-histamine Intolerance

Recording now available. Education provided in partnership with [Nouveau Healthcare](#).

Listen to Dilikiran Kular, as he presents on the good, the bad and the ugly of histamine.

Listed in the BANT Learning Zone under category - Immune and Inflammation

[Watch the Webinar](#)



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

Recording now available.

Listen to 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.

Listed in the BANT Learning Zone under category - General Nutrition and Lifestyle

[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. With presentations from Professor Rose Anne Kenny, Emma Beswick and Lorraine Nicolle.

[Buy your Ticket Today!](#)



This article has been Expert reviewed

nutrition EVIDENCE

Expert Reviews on IBD

- [Physical Training and Healthy Diet Improved Bowel Symptoms, Quality of Life, and Fatigue in Children with Inflammatory Bowel Disease](#) in the Journal of Pediatric Gastroenterology and Nutrition. 2023. With Expert Review from Ana-Paula Agrela
- [Diet as an Optional Treatment in Adults With Inflammatory Bowel Disease: A Systematic Review of the Literature](#) in Cureus. 2023. With Expert Review from Wilma Kirsten

• **The Association between Total Protein, Animal Protein, and Animal Protein Sources with Risk of Inflammatory Bowel Diseases: A Systematic Review and Meta-Analysis of Cohort Studies in Advances in Nutrition** (Bethesda, Md.). 2023. With Expert Review from Dr Michelle Barrow

Access the Expert Reviews

Keep scrolling for more CPD, BANT recognised and quality assured.

For the complete list of current events, [click here](#).

IBD & the Microbiome

THE ASSOCIATION BETWEEN TOTAL PROTEIN, ANIMAL PROTEIN, AND ANIMAL PROTEIN SOURCES WITH RISK OF INFLAMMATORY BOWEL DISEASES: A SYSTEMATIC REVIEW AND META-ANALYSIS OF COHORT STUDIES

THE ASSOCIATION BETWEEN VITAMIN B12 STATUS AND INFLAMMATORY BOWEL DISEASE: A SYSTEMATIC REVIEW AND META-ANALYSIS OF COHORT STUDIES

FOOD FOR YOUR HEALTH

Inflammatory Bowel Disease (IBD)

IBD is a term that describes disorders involving chronic inflammation of the gastrointestinal (GI) tract.

Symptoms

Complications and Complications Overview

Possible causes

UK Statistics

Diet & Nutrition

FOOD FOR YOUR HEALTH

What is Ulcerative Colitis?

Ulcerative colitis (UC) is an inflammatory bowel disease where immune system dysfunction leads to inflammation and ulcers in the lining of the large intestine.

Common Symptoms of Ulcerative Colitis

Causes

Diet & Nutrition

FOOD FOR YOUR HEALTH

NED Infobite on IBS and the Microbiome

BANT Factsheet on Inflammatory Bowel Disease

BANT Factsheet on Ulcerative Colitis

What is Crohn's Disease?

Crohn's disease is a type of inflammatory bowel disease (IBD) that causes swelling and inflammation in the digestive tract.

Risk factors

Common Symptoms

Diet & Nutrition

FOOD FOR YOUR HEALTH

Benefits of Ginger

widely used and known for its anti-inflammatory and anti-nausea properties

What is ginger?

Health Benefits

How to use Ginger

FOOD FOR YOUR HEALTH

What is Coeliac Disease?

an autoimmune disease triggered by gluten where the immune system attacks your own tissue

About Coeliac Disease (CD)

Common Symptoms of CD

Diet & Nutrition

FOOD FOR YOUR HEALTH

Check out the raft of BANT Gut Health Resources [here](#).

Expression of thanks to our BANT Event Sponsors

regenerus labs

Unlock the Power of Functional Testing with Regenerus Labs!

Why Choose Regenerus Labs?

- A diverse range of tests from 10+ leading international labs
- On-hand Clinical Support for our registered practitioners
- Reliable shipping and logistics, including to the EU

Explore Regenerus Labs via <https://regeneruslabs.com/>

invivo[®]

We are dedicated to helping you explore the fascinating connections between the human body and the microbiome. Our EcologiX™ range of testing tools allows for the detailed analysis of multiple human microbiome communities alongside immune and inflammatory markers. Our test offering is complemented by our supplements, which are designed with human microbiome balance and optimisation in mind. It is through our testing, supplements, and extensive library of educational resources, that we hope to help people better understand the microbiome and the important role it plays within the body while supporting our mission to restore human health and ecology.

Contact [Naomi Jones](#) at Inivo for any and all queries, or visit <https://invivohealthcare.com/>



Professional Nutritional Supplements

For more than 30 years, Pure Encapsulations® has produced hypoallergenic, research based food supplements. Available through health professionals, pharmacies and specialty stores, our products are meticulously formulated using pure ingredients and designed to deliver predictable results, even for the most sensitive people. Pure Encapsulations® offers you a wide selection of products that can be personalised to address a range of health functions and help you reach your wellness goals.

<https://pure-encapsulations.co.uk>

Other upcoming CPD events

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

- **Pharma Nord** – Optimising Immunity Through Nutrition and Lifestyle 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
- **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
- **IHCAN** – Gut Matters: Decoding Bowel Disorders, Emphasising Nutritional Strategies and Butyrate's Role in Gut Healing with Edward Dosz. Live on-line 27 April 2024
- **Lamberts** – Essential Elements: The Bedrock of Nutritional Wellbeing with Dr Miguel Toribio-Mateas. Live on-line 9 May 2024
- **Lamberts** – Special Diets: Clarity or Confusion? With Shoela Currey. Live on-line 22 May 2024
- **LifecodeGX** – Genes in Mind: Nutrigenomics Master Practitioner Nervous System with Emma Beswick, Dr Miguel Toribio-Mateas and Daniel O'Shaughnessy. Live on-line from 10-31 May 2024
- **Lamberts** – Headaches: A Common Complaint with Shoela Currey. Live on-line 5 June 2024
- **Pure Encapsulations** – Nutritional Dermatology: Advances for Acne, Acne Inversa, Eczema and Psoriasis with Benjamin Brown. Various dates and events across the country
- **ION** – Applying the Latest Nutrition Evidence for People Diagnosed with Cancer 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
- **BANT Webinar** – Ultra-Processed Foods. The Science, the Perception and the Debate. Recording available in the BANT Learning Zone
- **Nutrihub** – Nutritional Solutions for Eczema with Christine Bailey. Available 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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