



## Issue 136 - Spring 2024

### **UK weather forecast is stormy, but BANT outlook is positive!**

Hello there,

Although it may be hard to believe it when you look out of the window, Spring is here! Weather aside, there are plenty of signs of a flourishing season ahead and preparation for further growth.

BANT in Action is sowing seeds at grassroots level and nurturing new opportunities for our members through attendance at events where we network directly with GPs and other NHS practitioners; read Satu Jackson's report on events that she and the team have attended recently.

This issue also contains an article on gut health, feeding the microbiome as the seedbed for systemic health; and plenty more to feed your minds.

Forgive the corny analogies and we hope you enjoy this issue!



## BANT in Action at Best Practice

BANT first attended the Best Practice Birmingham at the NEC in October 2022. The aim was to increase the visibility of nutritional therapy, educate the audience about our approach to optimise our clients' wellbeing, and to promote BANT members. Best Practice Birmingham has been long-established to support the UK's general practice and primary care communities with a quality audience for our purposes.

Now, two years later and a further three Best Practice events under our belt, including the first two new Best Practice events in London Olympia, we have seen changes. Most noticeable is the increase in GPs recognising nutritional therapy and wanting to know more about our profession and members and how we can help them. We have moved from questions about 'what type of evidence do you use' to 'how can I find and recognise a qualified Nutritional Therapist to work with'.

We are also seeing many more GPs moving to private practice and dipping their toes into a functional medicine approach, while others wish to support and save the ailing NHS, single-mindedly believing in free healthcare for all. Those within NHS have a chronic lack of funding and resources as well as the added streams of chronically ill patients, many of whom suffer from diet or lifestyle related illness. We all see the obvious solution where Registered Nutritional Therapy Practitioners would very easily fit in to help ease the burden on GP surgeries, and the holistic approach that could help all involved from healthcare providers to patients, and those holding the purse strings. But so far, the main obstacle is the lack of funding, followed by the 'how' can work together in the current environment.

Many GPs are interested in group programmes or talks within their surgeries on key topics such as metabolic health, menopause, and food planning on budget for families, while others are showing interest in recommending a local Registered Nutritional Therapy Practitioner to their patients for improved gut and metabolic health in particular. We follow up with well over



100 contact requests from across the country from each event providing information and driving traffic to our Practitioner Search, which is the primary tool for anybody to find a practitioner in their area. I cannot emphasise enough how important it is to have your profile up to date, personalised to you and your services, with correct contact details and working links to your website and social media. Any empty profiles and broken links give an unprofessional view of not just you, but our profession and also reduces our chances to rival Nutritionist Resource in the Google rankings. Review the Webinar on [BANT Learning Zone](#) under Professional Support on how to 'Polish Your Practitioner Profile' to make the most of being found!

Following our first Best Practice event, we created a dedicated page for GPs to answer the most commonly asked questions - you can find out more at [BANT members supporting general practice](#). We have also ramped up our communications about the evidence we use, constantly promoting our status of belonging to a PSA accredited register which GPs recognise, and we continue our discussions with many contacts to find further opportunities for collaboration. Opportunities for BANT members are increasing in private general practices but it is also worth contacting your local GP surgery with a professional proposal to offer your nutritional therapy services. This may be done through recommendations or by offering group talks or programmes - they may just have seen us at Best Practice.



## **Getting to grips with Gut Health – Part 1 by Vandana Chatlani, BANT Registered Nutritionist ® NT Dip, mBANT, rCNHC**

***A healthy gut microbiome is the secret to your wellbeing. Are you ready to design a menu that will lead you there?***

You might be wondering why nutritionists are obsessed with gut health. What is all the fuss about and why does gut health matter?

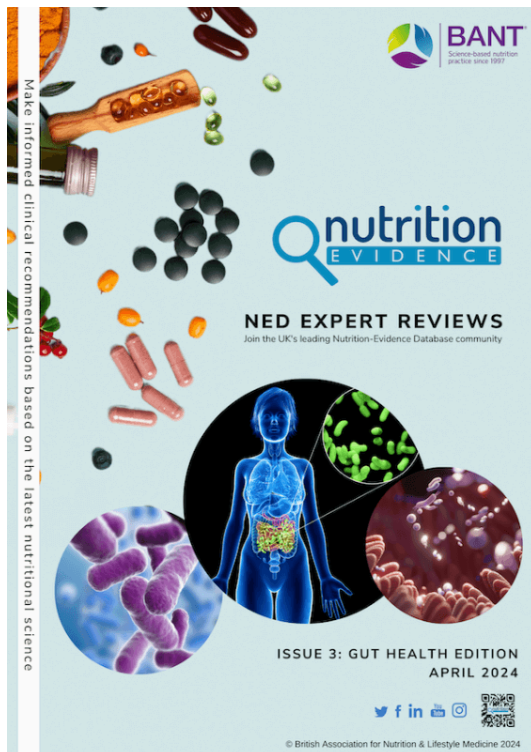
Perhaps it is because virtually every health condition could be improved with a better **gut microbiome**. Most of us will jump to gastrointestinal diseases when drawing a link between our gut microbiome and health outcomes. But clinical trials have shown remarkable evidence of how diverse beneficial bacteria in our gut can have a positive impact on everything from skin health and fertility (in both men and women), to metabolic syndrome, obesity, autoimmune conditions, cardiovascular disease, cancer, depression and other neuropsychiatric conditions, diabetes and autism.

[Click here](#) to read the full article.

[Click here](#) for the References.

*The above article was shared as a press release as part of the communications strategy to raise public awareness of the work of BANT Registered Nutritional Therapy Practitioners.*

See next eNews for Part 2.



## On the Subject of Guts....

NED Journal Edition 3 is LIVE!

BANT and the NED Editorial Board are delighted to announce **Edition 3** of the **NED Journal**. This Edition focuses on the wide ranging impact of the microbiome, with special sections on IBS and IBD. The NED Journal translates the science and provides clinically meaningful take aways. Take a deep breath. It is time for a dive into the intestines!

23 research articles expertly reviewed

With special thanks to **Pure Encapsulations**, **BioNutri** and **CanXida** for sponsoring this edition.

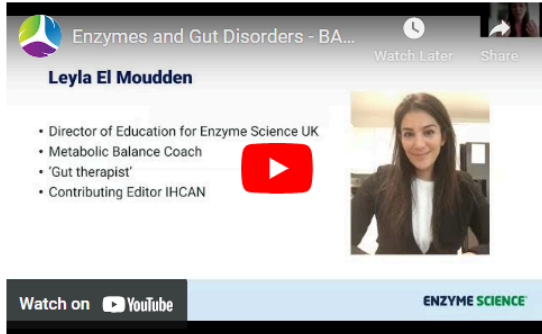
**[Watch the latest BANT Webinars on Digestion and the Microbiome](#)**

## Enzymes and Gut Disorders

Authors: Leyla El Moudden

2024

*Disclaimer: The views expressed in this webinar are the opinions of the speakers based on their expert interpretation of the science and are not necessarily those of BANT. BANT does not endorse or have affiliations with any product or service company.*



[Presentation](#)  
[Q&A](#)

## Functional Digestive Interventions for Upper GI Conditions

Authors: Alicia Galvin

2024

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[Presentation](#)

- **Enzymes and Gut Disorders** presented by Leyla El Moudden [category Digestion and Metabolism]
- **Functional Digestive Interventions for Upper GI Conditions** presented by Alicia Galvin [category Digestion and Metabolism]





## How Would We Use CGMs in Clinical Practice?

Amidst growing interest in the use of Continuous Glucose Monitors (CGM) in the broader context of health, i.e. not just in relation to diabetes and pre-diabetes, the BANT team have been taking a look at how they might be used appropriately in the field of nutritional therapy whilst also noting cautions that relate to obsessive behaviour, health anxiety and a history of disordered eating.

The BANT team is working to instigate a study involving a number of Nutritional Therapists with clients that aim to improve their metabolic health and therefore hoping to prevent onset of metabolic and chronic disease but more about this later.

You now also have access to [CGM guidelines](#) in BANT Professional Practice Handbook and two Webinars listed in [BANT Learning Zone](#) under category Metabolism:

- **“State of Cardiovascular and Metabolic Disease: A Bitter Sweet Tale”**  
by Vimal Ramjee, MD and Director of Health at Veri
- **“Understanding CGM Data for Practitioners and Application for Client Care”**  
by Emily Johnson, MS, RD, Research Lead at Veri

## BANT Member Benefit - Veri

### **£50 discount on the first Veri CGM sensor purchase per client**

Veri offers to provide your clients with access to continuous glucose monitors and an easy-to-use mobile app for valuable insights into their health. The Veri app combines glucose, food, sleep, and exercise data to help users better understand how food and lifestyle choices impact their physiology in real-time.

All of your clients' Veri app data is viewable on a personalized Coaching Dashboard – a browser-based application. The dashboard gives you a window into your client's metabolic

health, diet, and lifestyle so you can provide data-driven guidance and achieve lasting results.

**Access the Member Benefit Offer**



### **BANT Events – save these dates for your diary!**

**NED Science Forum** [Sold out]: Monday 13 May, 4:30 – 8.30pm, Royal Society of Medicine. The event will be recorded for BANT members that won't be able to join in-person.

**Join the Waiting List**

**BANT AGM 2024 plus Q&A:** Thursday 16 May, 6 – 7.30 pm (Online)

**Book Your Free Place**

**Healthspan and Optimal Aging:** Saturday 29 June 2024, 9:15am - 4:30pm (Online)

**Buy Your £19 Ticket**

**Exercise and Sports Nutrition:** Saturday 9 November 2024, 9:15am - 4:30pm (Online)

Buy Your £19 Ticket

**Advertisement:**



**the Nutrition**  
NETWORK

**SUMMER PARTY!**  
**The Self Care Revolution**

Regenerate | Renew | Refresh  
Saturday 15th June  
Starborough Manor, Kent

A day of relaxation techniques, self-care, talks,  
connection, and celebration

**\*\*Experiential CPD Day - 7 Attendance Hours\*\***

**The Nutrition Network presents: The Self Care Revolution – Regenerate | Renew | Refresh**

- Early Bird Ticket Pricing Ends 15th May (**use code BANT**) to buy your ticket for just £40!)
- Tickets via Eventbrite [Here](#):
- Speakers: Patrick Holford, Food for The Brain, and Dr Rob Verkerk: Alliance for Natural Health International
- Plus immerse yourself in meditation, yoga and mindset workshops whilst taking some time out for you!

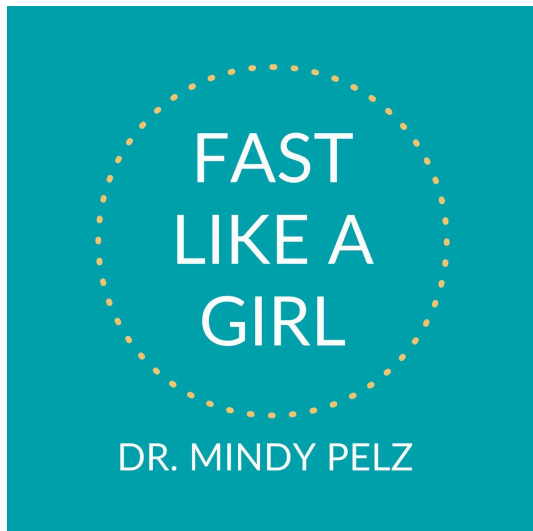




## Member Benefit Highlight

An exclusive member benefit to provide private medical plans for members of BANT has been arranged with [HMCA](#) including a £50 gift card or £100 off your first-year subscription upon joining a private medical plan.

[HMCA](#) offer four levels of private medical plans for individuals, family groups and companies as well as dental plans, hospital cash plans, travel plans and vehicle breakdown recovery plans.



## Book Review

**“Fast Like a Girl: A Woman’s Guide to Using the Healing Power of Fasting to Burn Fat, Boost Energy, and Balance Hormones” by Dr Mindy Pelz**

“While most fasting advice has been a one-size-fits-all approach that leaves women with more questions than answers, in this book Dr. Mindy shares the proven strategies, specific protocols to use if you are trying to overcome a condition, fasting hacks, and tools that she has used to help hundreds of thousands of women thrive with their fasting lifestyles.”

Dr Mindy reframes fasting according to the different stages of a woman’s menstrual cycle to benefit and work with the hormones involved at each stage, using varying fasting windows and two eating styles - ketobiotic and hormone feasting – according to the stage of the menstrual cycle. She also applies this to peri-menopausal and menopausal women.

[Fast Like a Girl](#) will make a lot of sense to women who have both flourished and floundered at different stages of the cycle following the standard fasting methodology.

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Publisher: Hay House Inc



## Welcome to the Spring 2024 issue of the BANT Student eNews

Welcome to this **first eNews issue of 2024** where we will bring you news and recaps relevant to students, but we hope that you will also take a look at the rest of the eNews which includes a feature article *Getting to Grips with Gut Health* and other gut health resources and new on other resources related to gut health, information on use of CGMs in NT practice, and the latest on BANT promoting the skills of its members to GPs and the general public.

*The Student Network Team is here all year round to offer support to students studying for a Nutritional Therapy Qualification through creating a two-way channel for dialogue, delivering a dedicated news channel for students, and bringing students together for talks on key topics of value to their learning journey.*

### Upcoming Tea Sessions

This Spring, Heather Chapman, our volunteer Student Network Lead, will be organising and hosting the following virtual tea sessions:

#### **25 April 2024 @ 12pm: Vicky Shilling on Business Planning, Social Media, Marketing and NT Business Models**

Join us on Zoom @ [https://us06web.zoom.us/j/81288190224?](https://us06web.zoom.us/j/81288190224?pwd=XFOxvBSylhy2bsJW4kao6SrVh5Ug37.1)

[pwd=XFOxvBSylhy2bsJW4kao6SrVh5Ug37.1](https://us06web.zoom.us/j/81288190224?pwd=XFOxvBSylhy2bsJW4kao6SrVh5Ug37.1)

Meeting ID: 812 8819 0224 / Passcode: 678010

**May 2024: TBC soon** – keep an eye on the [Student Network page](#) for details

#### **11 June 2024 @ 12pm: Saeed Younis on Female Empowerment**

Join us on Zoom @ [https://us06web.zoom.us/j/86086232184?](https://us06web.zoom.us/j/86086232184?pwd=0RnKO5g0gPfiSKySjWQB5sgoS68vCe.1)

[pwd=0RnKO5g0gPfiSKySjWQB5sgoS68vCe.1](https://us06web.zoom.us/j/86086232184?pwd=0RnKO5g0gPfiSKySjWQB5sgoS68vCe.1)

Meeting ID: 860 8623 2184 / Passcode: 393419

If you are new to BANT and/or have missed any previous tea sessions, bookmark and access our BANT Student YouTube page! Sample the latest tea session [here](#).

## Heather and Sara's Study Tips!

*Heather Chapman, BANT Student Network Lead, and Sara Jaques, BANT Membership Officer, who are respectively studying for a PhD and an MSc, have been investigating AI tools that may help with their research and share some of their findings here and in subsequent issues.*

### **Keeping up with the Literature** (Matthews, 2021)

A 2021 article published in Springer Nature by David Matthews (Matthews, 2021); a freelance writer based in Berlin, highlighted 'Feed Fatigue' and Fear of Missing Out (FOMO), that students and academics may experience.

The article goes on to give an overview of AI based software tools, that can save academics from feeling overwhelmed by the number of emails they receive recommending newly published literature in their field.

However, the use of such tools is relatively new territory for which there are limited precedents. It is important to remember that while these tools might be useful to access potentially relevant research with speed and efficiency, we cannot and must not dispense with the need for our own critical thinking and analysis, and verification of the content.

According to the European Commission's Directorate-General for Research and Innovation, **"AI is transforming research, making scientific work more efficient and accelerating discovery. While generative AI tools offer speed and convenience in producing text, images and code, researchers must also be mindful of the technology's limitations, including plagiarism, revealing sensitive information, or inherent biases in the models."**

**With the proviso** that you must check your own Training Providers' policy on the use of AI tools, here is what Sara found when she checked out Heather's suggestion to use Connected Papers.

Connected Papers- <https://www.connectedpapers.com/> (Smolyansky et al., 2024)

Connected papers is a visual tool to help researchers find and explore literature. It is a subscription service that uses a tier-based pricing structure, with a free option, that gives access to five graphs per month. For academics, expect to pay around £5.00 per month, for unlimited graphs, billed annually.

It is an easy-to-use program once you have created your account. You add the reference or DOI of the paper you are interested in, to the search box, and click 'Build A Graph'. It doesn't take too long to search >50,000 papers and return results that have a strong connection to the original paper. For example, if we take the recently published paper by the BMJ:

**Ultra-processed food exposure and adverse health outcomes: umbrella review of epidemiological meta-analyses**, and apply the DOI number

<https://doi.org/10.1136/bmj-2023-077310> to the search, the results are displayed in list form and in the form of a webgraph with clickable links to the various papers found.

To see the full article including visuals of the results, [click here](#).

### **References:**



Matthews, D., 2021. Drowning in the literature? These smart software tools can help. *Nature*, [online] 597(7874), pp.141–142. <https://doi.org/10.1038/d41586-021-02346-4>.

European Commission, Directorate-General for Research and Innovation, 2024. *Guidelines on the responsible use of generative AI in research developed by the European Research Area Forum*. [online] [https://research-and-innovation.ec.europa.eu/news/all-research-and-innovation-news/guidelines-responsible-use-generative-ai-research-developed-european-research-area-forum-2024-03-20\\_en](https://research-and-innovation.ec.europa.eu/news/all-research-and-innovation-news/guidelines-responsible-use-generative-ai-research-developed-european-research-area-forum-2024-03-20_en) [Accessed 21 March 2024].

## Research and Self-Care Resources - Member benefits to help you through your studies

### Evidence-Based Databases

Home » Member Benefits » Evidence-based Databases

Association Membership  
Business Support and Mentoring  
CPD and Courses  
Evidence-based Databases  
Food and Drink  
Functional Medicine Courses  
Functional Testing  
Supplements  
Wellness and Lifestyle



#### Natural Medicines Database

Full professional licensed access worth \$299 is free for all BANT members.



#### Nutrition Evidence Database

Free access for all BANT Members. Nutrition Evidence is an online collection of high quality nutritional science and lifestyle medicine research and is designed to support practitioners'

### [Nutrition Evidence Database \(NED\)](#)

Our **Nutrition Evidence Database (NED)** is an online collection of high quality nutritional science and lifestyle medicine research, designed to support practitioners' clinical decisions that enable their delivery of effective, individualised evidence-based recommendations.

NED is the only scientific database that specialises in nutrition and lifestyle medicine, enabling targeted searches and focused search results. The database is available as an open access resource that's searchable in various simple but powerful ways, from running a basic search, to using advanced search syntax or browsing papers by clicking on keywords.

For highlights about NED, see the latest **[NED Journal Edition 3](#)**.

### [Natural Medicines Database \(NMD\)](#)

Here's a quick look at some of the features included in your **[NMD subscription](#)**:

- Clinically relevant, bottom-line-focused information and ratings in our evidence-based natural ingredient monographs
- Over 90,000+ new commercial products including product data and evidence-based NMBER® rating system
- Interaction Checker: check interactions between all drugs and 90,000+ commercial dietary supplements and natural ingredients
- Drug-supplement interaction data including evidence-based interaction ratings
- Effectiveness Checker: quick comparison of the effectiveness of different natural medicines for a specific condition
- Comparative Effectiveness Charts: compare effectiveness of different natural medicines for specific conditions

## [Movement for Modern Life](#)

**Self-care resource:** If you're finding studies stressful or spending too much time sitting at a desk, [Movement for Modern Life](#) could be just what you need: offering hundreds of videos on yoga, meditation, mindfulness, Pilates, qigong and movement which are specifically searchable for the benefits you might be looking for, from help with sore back and shoulders, to help sleeping, to increasing productivity, to classes created to counteract tech neck and shoulders.

BANT members can access an exclusive 50% off Annual memberships plus a no commitment 14-day free trial.

We have many other member benefits so please take the time to check them all out [here](#).



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