



## Issue 137 - Summer 2024

### Dive into your bumper “Summer” holiday reading issue

Hello there,

Whether you're sitting on a plane, on a terrace by the sea or pool, grabbing a coffee break from work or taking the kids somewhere, set aside a little time to catch up on our latest news.

This issue brings you news of the latest events attended and connections made by BANT, furthering our efforts to raise our profile with NHS practitioners, including a very well received presentation at the recent IPM conference by our managers, Claire Sambolino and Clare Grundel, on how they have worked in their capacity as NTs in collaboration with GPs.

We also bring you a very interesting article from Anna Earl mBANT on her work supporting the health of shift workers. Also see a summary of the guidelines for working with clients with a suspected or confirmed diagnosis of cancer, plus news of the next BANT event, job opportunities available to BANT members and volunteer experience opportunities.

We hope you enjoy this issue and wish you a happy if soggy summer!



 **INCLUDE NUTRITION PRACTITIONERS IN THE NHS**

**We call on political parties to prioritise bringing PSA-accredited Registered Nutritional Therapy Practitioners into NHS primary care settings:**

- In GP surgeries for referrals on diet-induced symptoms.
- In out-patient settings to advise on nutrition next steps following treatment.
- In paediatric clinics for dietary education for families.
- In integrative healthcare teams to provide active support for patients with metabolic, digestive, cardiovascular, inflammatory, and autoimmune conditions.

**Read our full manifesto [here](#).**



**IT'S TIME FOR A PREVENTION-LED MODEL TO REBUILD THE NATION'S HEALTH: A CALL FOR CHANGE!**



**BANT**  
Science-based nutrition  
practice since 1997

## Report from our BANT CEO, Satu Jackson

We are all looking forward to the summer holidays. At BANT we are still in the aftermath of a successful event and speaker schedule over the course of late spring/early summer, with actions to be completed following these events and in order to continue with what we have been driving forward for months in anticipation of the general election and now with our new government.

Concentrating on the most recent events, the inaugural NED Science Forum was packed with information about how we as nutritional therapists and clinicians can create impact data to let GPs and other healthcare professionals know about our successes working with individuals to support their health. Lack of data is a major gap in us driving our profession forward and providing actual figures about the efficacy of personalised recommendations and nutritional therapy.

See below the BANT IBS Survey to get started with initial data gathering and find out more about the planned research pilot, n=1 case studies and research opportunities to support nutritional therapy by viewing the **NED Science Forum Part 2 webinar** located in the [BANT Learning Zone](#) under the category BANT Professional Support . In addition to data about efficacy, we need research to show that we are science-based in our recommendations.

The NED Forum opened with a key note presentation by Prof Justin Roberts about **Longevity and Blue Zones** on how we could adapt some of these practices to achieve functional nutritional longevity. You can access this recording via the [BANT Learning Zone](#)

under the category General Nutrition and Lifestyle. We are already planning the next NED Science Forum and the date has been set for **13th of May 2025!**

Next year's BANT AGM will be an in-person event on 13th May together with the NED Science Forum. This year we did an online event on 16th May where the topics varied from an outline of the origins and purpose of BANT, to the many resources you can benefit from, to BANT in Action. For example, we described how BANT is engaging with GPs and Healthcare professionals to encourage more of them to collaborate with BANT members, we are lobbying for change in our [election manifesto](#) and we wish to harness the collective power of our BANT community. Find out more about our profession, current trends and new projects by viewing the 1.5h AGM presentation [here](#).

BANT joined the Integrative & Personalised Medicine Congress (IPM) in early June, both by having a BANT stand there – ***thank you to all of our wonderful event volunteers for their time and help at the stand*** - and by also doing two talks to engage with the audience. IPM is first and foremost an event to bring together the wider integrative healthcare community, providing an excellent opportunity to network and establish new connections in addition to gaining an insight into a variety of integrative healthcare speaker presentations and workshops. This event is not a deep dive into a particular topic, but rather a sweep of where the integrative and personalised medicine is heading as well as providing some new research and resources.

BANT Communications Manager, Claire Sambolino, and Science & Education Manager, Clare Grundel, did a presentation about how Nutritional Therapists collaborate with GPs. They shared examples from their own experiences to show how GPs can engage with Nutritional Therapists to help and support their patients to achieve even better health outcomes. The talk was well attended and generated interesting questions and even an immediate live connection between a GP and an NT. Remember to check out our [dedicated page on how BANT members can support GPs](#).



We have heard from some BANT members how they have suddenly received a call from a GP wishing to work with them. Could it be that the many hundreds of emails we send to our GP contacts from the many healthcare events we attend where they have shown interest to work with a NT, have actually triggered this? ;-) Please check your BANT profiles are up-to-date with working links; we continually promote the Practitioner Search to GPs, this is how they will find you! Find a webinar how to **Polish your Practitioner Profile** located in the [BANT Learning Zone](#) under the category BANT Professional Support BANT webinars.

On the Saturday, IPM audiences heard plenty about IBS. I ran a workshop about the many underlying causes of IBS and how nutritional therapy can solve the majority of IBS symptoms by understanding the underlying causes; using functional testing, personalising recommendations to clients and collaborating with GPs. Later the same day Ben Brown, the Editor of NMI Journal, spoke about 'Personalised Nutrition and Functional Digestive Disorders: taking the BS out of IBS!'. With both talks being very popular, I should think that by the end of Saturday many in the audience got the message that there is no such thing as simply IBS. Printed copies of the [NED Journal on Gut Health](#) were available to workshop attendees and from the BANT stand.

What happens next? Well, we are hot on the heels of our new Health and Social Care Secretary, Wes Streeting, to push our manifesto topics including preventative healthcare and the need to get NTs into NHS. Soon both the government and many of us are heading on holiday, but we want the seeds to be planted for further action prior to the Government recess. You will be hearing from us regarding member engagement activities and about getting ready for a busy autumn, with further action items to promote the profession and our members. Our communications and professional and consumer reach activities are supported by our new Communications Director, Debs Roebuck and Stakeholder Director,

Tina Batchelor. We are very excited to have both Debs and Tina in our team with their wealth of experience in communications, PR, and political and healthcare sectors.

Enjoy your holiday, whatever the weather!



## What is Irritable Bowel Syndrome?

Irritable Bowel Syndrome (IBS) is a common, chronic gastrointestinal condition defined by disturbances in bowel habits and abdominal pain

**Common symptoms of IBS**

**Cramping**  
cramping may vary in intensity, from mild light cramping to intense sharp stabbing pains


**Bloating**  
typically after a meal or related to passing a bowel movement or as a result of constipation

**Constipation**  
Generally, constipation is when stools don't pass often enough (less than three times per week). Having hard stools that are difficult to pass or the feeling of an incomplete bowel movement

**Diarrhea**  
altered bowel habits and trigger foods may lead to chronic or recurrent diarrhea

**Gas & Flatulence**  
difficulty getting rid of gas, possibly because of how the nerves and muscles in the gut are working, or intestinal sensitivity meaning even a normal amount of gas causes pain

**Abdominal Pain**  
frequent abdominal pain, with pain being often associated with alterations in bowel movements (diarrhea, constipation, or both). Pain may also be caused by an increased sensitivity to gas



**UK Statistics** Between 1 and 2 in ten people in the UK are thought to have IBS

IBS is the most common diagnosis made by gastroenterologists worldwide. The incidence and prevalence of IBS vary depending on the diagnostic criteria used but it is estimated that the prevalence in the UK is 17% overall, with a prevalence of 11% among men and 23% among women (1). Onset of symptoms is most common between the ages of 20 and 30 and it is important to get any changes checked out.

**Diet & Nutrition** Food is the first line of prevention and management of IBS

The foods we eat play an important role in supporting gut health and related conditions. BANT nutrition practitioners can support GPs and gastroenterologists to identify the underlying cause of IBS symptoms. These can vary from stress/anxiety, dysbiosis, travel bugs, parasites, and food intolerances to onset of digestive diseases. There is no singular treatment for IBS, however, dietary and lifestyle recommendations can help to eliminate or manage frequency and severity of symptoms.

(1) <https://www.bjgp.org/content/61/irritable-bowel-syndrome-primary-care-physicians>

Find a Practitioner at [www.bant.org.uk](http://www.bant.org.uk)

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## BANT's IBS Survey

Help us to demonstrate the impact of nutritional therapy on IBS to GPs, policy makers and the general public by completing this short survey.

Tell us about the impact your nutritional therapy services are having on your clients with IBS. This is the first step in a larger plan to generate impact data across our profession. We know what we do works. Through research and data generation, we can demonstrate that to others. It will take you one minute and is a chance to get involved with your profession.

Complete the survey now!

Survey link:

<https://www.surveymonkey.com/r/IBS-Clients>





## Feed Your Body Clock: Why I Specialise in Nutrition for Shift Workers

**By Anna Earl, mBANT Registered Nutritional Therapy Practitioner**

Before qualifying as an NT, I was a police officer and experienced the challenges of rotating shifts and the impact that has on mealtimes and sleep. Despite a reasonable understanding of healthy eating, it didn't dawn on me then that food timings and choices could be having a negative effect on my health and that of my colleagues.

It was only whilst learning about the digestive process, during my ION studies, as well as the role of hormones, enzymes and nutrients, that I started to ask questions.

I'd had asthma for 30 years, relying on steroid inhalers, as well as some gut issues, so common amongst shift workers, and I gradually identified that both were food and food timing related. I considered the health of former shift-mates, with many completing their 30 years' service with a whole host of health issues, retiring with their long service award and a cocktail of repeat prescription drugs.

In my final year in 2020/1, as we were encouraged to think about specialising, I came across some papers on circadian rhythm in health and disease, and I was hooked.

I read how shift workers are at a heightened risk for several conditions, including type 2 diabetes, obesity, mood disorders, and increased fatigue. These risks are significantly influenced by disrupted circadian rhythms, as irregular or nocturnal eating patterns can confuse the body's metabolic processes. This misalignment often leads to inefficient digestion and metabolism, escalating the propensity for weight gain and metabolic disorders.

This led to my business focus on the fascinating area of *chrononutrition*, a branch of science that merges nutrition with our circadian rhythms, offering valuable insights for managing health, especially in shift workers. Eating times are integral to managing the body's biological clock, regulating digestion, metabolism and energy levels. For shift workers, whose schedules often disrupt these natural rhythms, adhering to *chrononutrition* principles could mitigate health risks.

I took these findings back to the world of policing and was offered a contract to create a Nutrition for Wellbeing programme for the National Police Wellbeing Service. This has been

developed over the last two years, to include a range of webinars, videos, 5-day challenges, a toolkit to download and a recipe section, accessible to all UK police officers and staff.

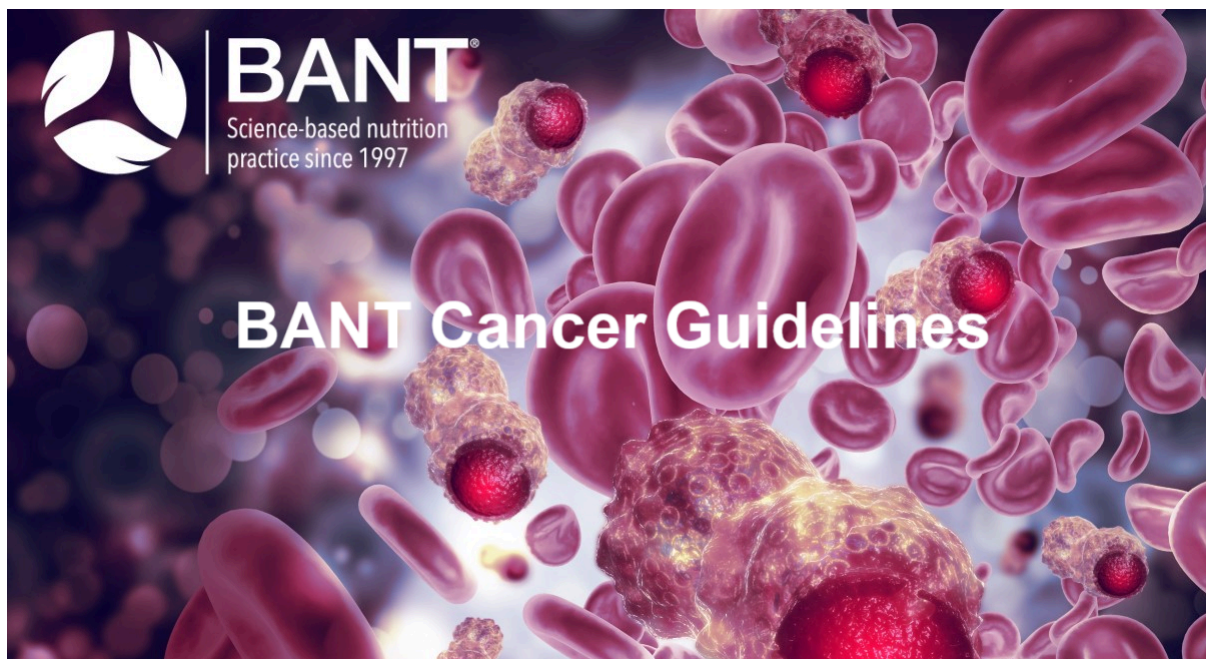
I am now rolling out my signature programme *Feed Your Body Clock*® to bus companies to help their drivers in combatting fatigue and have started working with the Federation for the Security Industry.

My aim is to raise awareness to shift workers and their organisations of the positive influence that *chrononutrition* alongside lifestyle interventions can play in vital self-care. *Chrononutrition* isn't just about what you eat; it's also about when you eat, turning meal timing into a powerful tool for better health.

#### 5 Night Shift Tips:

- Avoid large, heavy meals after dark, due to reduced digestive function.
- Eating a meal with a good source of protein before a night shift can help manage appetite and reduce unhealthy snacking.
- Address reliance on caffeine in the latter part of shifts, which may later disrupt sleep. Keep hydrated and boost energy with water, herbal teas, protein smoothies and soups.
- Opt for smaller, nourishing plant-based meals and snacks at night to maintain energy and focus as needed.
- Plan and prepare meals in advance to reduce the temptation of the less healthy fast food / vending machine options available at night.

**Editor's note:** Thank you to Anna for sharing her experience of shift work and her corresponding learning about chrononutrition. If you'd like to learn more, take a look at [NED \(Nutrition Evidence Database\)](#) and search "chrononutrition".



**Sharon Ling, Practice Governance Manager on BANT Cancer Guidelines**

Following the release of the updated Cancer Guidelines last year, please ensure you do let us know if you have completed an appropriately accredited or recognised specialist CPD post-qualification ( see here for details), so that Cancer can be added to the list of health concerns you work with on your profile within the public-facing Practitioner Search tool. Members of the public find this search function a very helpful way to locate appropriately qualified practitioners to support them with their cancer diagnosis, particularly as many prefer in person consultations at least to begin with.

If you are a Full (Practising) member and have already done advanced training or are thinking about working in this field, learn about more about the need for enhanced training by watching the following:

- **Carol Granger's webinar on working with individuals with a suspected cancer diagnosis or diagnosis of cancer**, which can be found in the [BANT Learning Zone](#) > BANT Webinars > Category: BANT Professional Support > BANT Professional Practice Webinar - Working with Individuals with a Confirmed or Suspected Cancer Diagnosis
- Also watch **Sharon Ling's recent presentation** (25 minutes) to the student network on the process for adding Cancer to the list of Health Concerns on your practitioner profile. The corresponding slides are available [here](#).
- **See also the Professional Handbook section on working with cancer.** You'll find this by going to your [BANT Dashboard](#) > click on PP Handbook hotlink > scroll through the lefthand menu to click on [Specific Conditions > Cancer](#).



**BANT | EVENTS**

## Exercise & Sports Nutrition

**SATURDAY 09 NOV 2024**

Virtual Event [BOOK NOW](#)

**HYLIFE NUTRITION**

**pure encapsulations**  
Professional Nutritional Supplements

**Dr Stacy Sims** **Ian Craig** **Kirsty Baxter**

### Date for your diary: BANT Exercise & Sports Nutrition event

Join us online on **Saturday 09 November 2024** for a deep dive into how science-based nutrition and lifestyle medicine can be used to support the goals of active exercisers and athletes, covering diet, supplements, exercise types, frequency and intensity, and recovery. This is intended to equip nutritional therapy practitioners with the confidence and new



- **Professional Practice Panel team member:** seeking experienced nutritional therapy practitioners and nutritionists to join our existing expert team
- **Student Network College Rep:** a very light two-way communications role for students only, with new reps needed for many year groups at each training provider
- **Business Support Toolkit Project Member:** a temporary role for 2024 to help us build and launch a new Business Support toolkit for members
- **Self-Care Toolkit Project Member:** also a temporary role to help us prepare a new toolkit for members





### **LECTURER, ACADEMIC SUPPORT AT INSTITUTE FOR OPTIMUM NUTRITION**

Homebased with occasional attendance Contract term: up to 0.6 FTE (22.5 hours per week) permanent contract.

### **INSTITUTE FOR OPTIMUM NUTRITION – CLINIC COORDINATOR (CORPORATE SERVICES ADMINISTRATION OFFICER)**

Clinic Coordinator (Corporate Services Administration Officer) Location: Richmond, London Contract term: Permanent Full-time (1 FTE: 37.5 hours per week).

### **PART TIME NUTRITIONAL THERAPIST – REMOTE BASED**

(Fixed Term Contract to cover Maternity Leave) for Dr Sarah Davies of the Functional Medicine clinic where Dr Sarah has worked with hundreds of patients from across the UK with complex and chronic health conditions.

### **SEEKING NUTRITIONISTS TO JOIN NUTRITION GURU SCHOOL EDUCATION PROGRAMME**

The Nutrition Guru's mission is simple...to shape the health, well-being and self-esteem of the children of today and tomorrow with my Eat Well and Feel Great Nutrition & Health education programme.

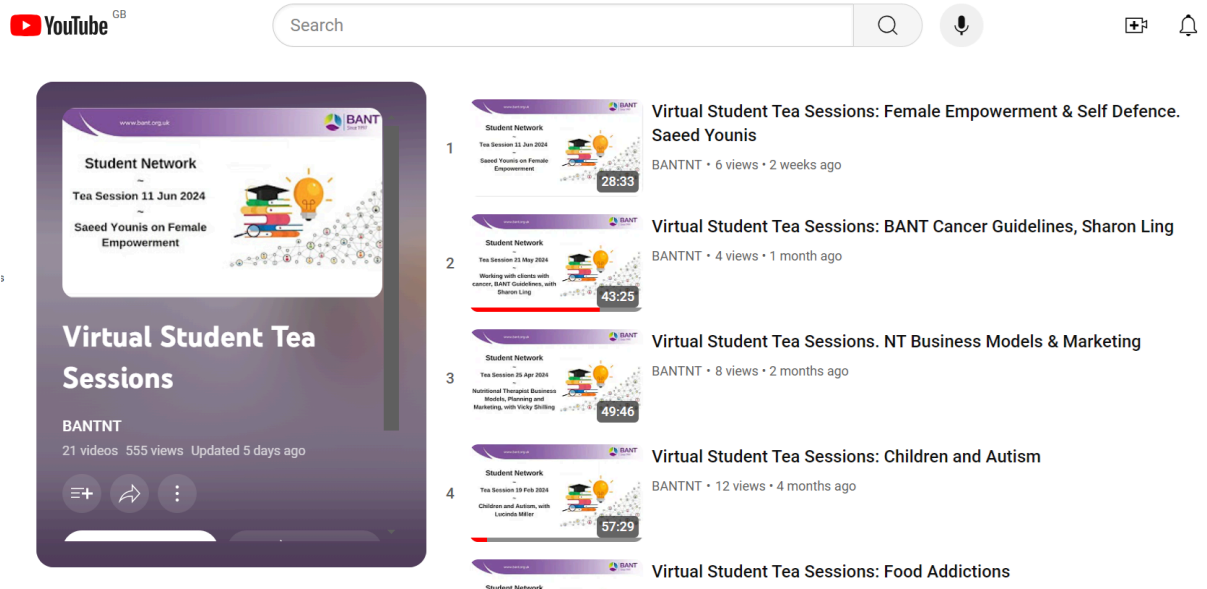


### **Welcome to the Summer 2024 issue of the BANT Student eNews**

In this [summer issue](#), we bring you the latest in our series of research and study tips for those of you who are still in the midst of your studies, plus information on Full BANT membership for those of you who have just completed or are soon to complete your studies. Remember also to look at the rest of the enews which includes information on how BANT is promoting the skills of its members to GPs and to the general public plus a very interesting article on a member's experience of supporting police officers optimise their health whilst working shift work patterns.

*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*

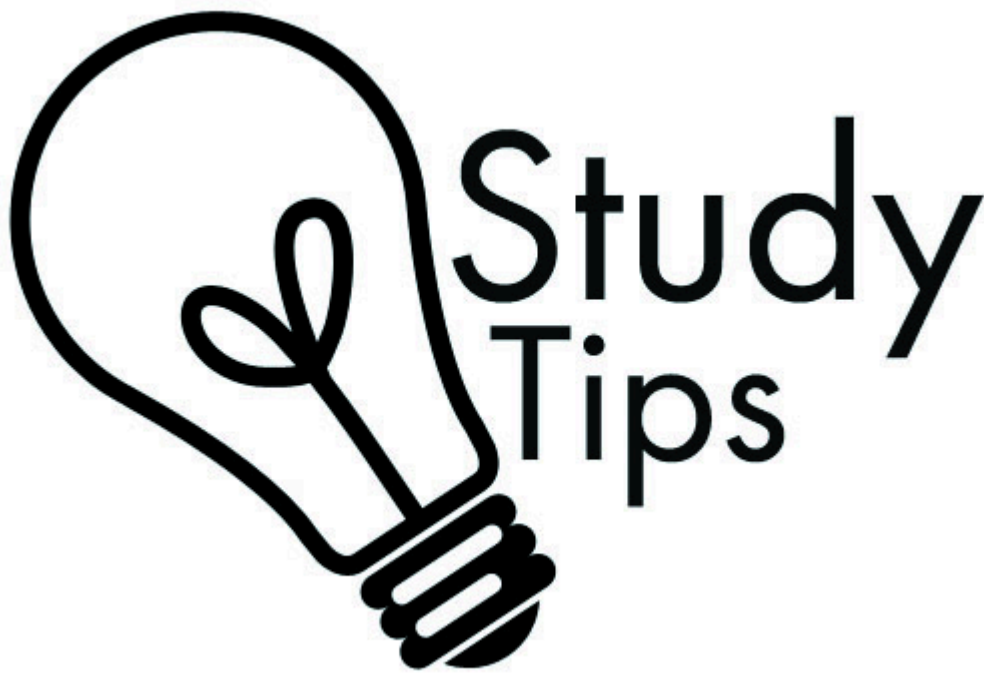
*a dedicated news channel for students, and bringing students together for talks on key topics of value to their learning journey.*



## Student Tea Sessions

Heather Chapman, our volunteer Student Network Lead, organises and hosts virtual tea sessions for students throughout the year, but there will be a break in the schedule during August, with the programme of sessions to resume in September. Keep an eye on the Student Network page where details will be published as soon as they are available. In the meantime, access previous sessions on our BANT YouTube Channel.

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.*

As stated in the previous issue, it's important to remember that the use of such tools is relatively new territory for which there are limited precedents. Whilst 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 Elicit.

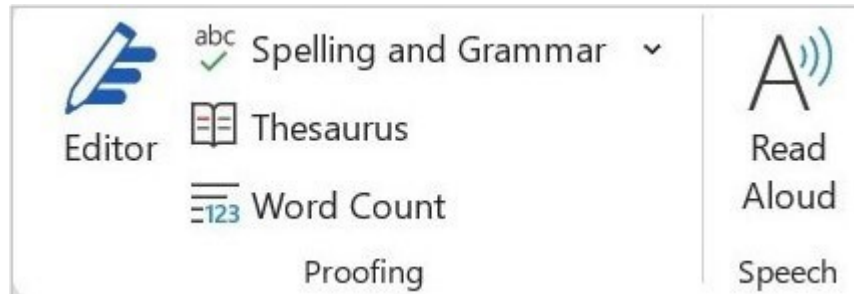
**Elicit** - <https://elicit.com/welcome> (Stuhlmüller and Byun, 2024)

Elicit is an AI programme designed to reduce the time taken to search for research papers, speed up literature reviews, systematic reviews, and meta-analyses, by automating those tasks. It uses language models to source data and summarise the papers, therefore the founders say that approximately 90% of the information returned is accurate, though they recommend that you check this closely. Elicit uses a tier-based pricing system that provides credits. At the time of writing, the basic free tier offers a one-time five thousand credits, after which, the Plus tier costs \$120 annually and provides 12,000 credits per month. Elicit provides useful video tutorials, to support you in getting started with your searches and making the most of the software.



## Did you know there are free helpful tools in Word for writing your assignments?

For no extra charge to Microsoft Word users, alongside the usual Spelling and Grammar and Word count tools, there is an **editor** function which will provide suggestions on how to improve your writing. Another useful addition for proofreading, is the Read Aloud function, located under the Review tab, you can adjust the voice speed, pitch and volume, which can help you to easily identify mistakes.



## References:

1. Stuhlmüller, A. and Byun, J., 2024. *Elicit: Research paper analyser*. [online] Elicit. Available at: <<https://elicit.com/>> [Accessed 12 March 2024].
2. 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].

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**Have you recently graduated?: here's how and why to upgrade to Full membership...**



**BANT**  
Science-based nutrition  
practice since 1997

The primary function of BANT is to assist its members in attaining high standards of education and professional practice

Leading the way for personalised optimal nutrition for over 25 years



Home of nutrition professionals,  
setting the standard of excellence in  
science-based nutrition and  
lifestyle medicine



**3,500+**

A growing network of  
BANT members to  
promote best-practice

### promoting the profession

BANT acts as a professional body for CNHC Registered Nutritional Therapy Practitioners in one-to-one clinical practice and as a self-regulator for BANT Registered Nutritionists® and is dedicated to promoting the profession in the political, regulatory, public and healthcare sectors.



Promoting BANT members with our Practitioner search tool.

<https://practitioner-search.bant.org.uk/>



### driving standards of education and professional practice

Facilitating BANT members to meet Continuing Professional Development (CPD) standards - minimum 30 hours per annum - with a programme of BANT and external education



**30+**

hours of free BANT CPD produced per year



PRACTITIONER  
CPD LOG

- Member CPD Log
- Downloadable pdf certificate



**1**

LEARNING  
ZONE  
CPD available  
50+ hrs

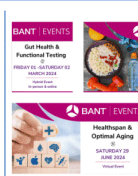
### exclusive member benefits

Negotiated rates and discounts on:

- Association Memberships
- Business Support and Mentoring
- Functional Medicine Courses
- Functional Testing
- Supplements
- Wellness and Lifestyle



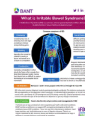
<https://bant.org.uk/member-benefits/>



**3**

REGIONAL  
EVENTS  
CPD produced  
annually = 21 hrs

### promoting members and BANT resources to General Practice



**6,306**  
FOLLOWERS



**12,223**  
FOLLOWERS



**25,827**  
FOLLOWERS

Find a Practitioner [www.bant.org.uk](https://practitioner-search.bant.org.uk/) [info@bant.org.uk](mailto:info@bant.org.uk)

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You can upgrade any time from 1st July for the remainder of the membership year for the sum of £72.50 and renewal will be due in January 2025. Note that as a full member you will need to log 15 hours CPD for second half of 2024 in order to be able to renew for next year.

**Click here** to learn how to upgrade to full membership and if you have any questions email [info@bant.org.uk](mailto:info@bant.org.uk).



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