
Hi there, Deadline Fast Approaching! Get your CPD here!

1 message

BANT CPD <cpd@bant.org.uk>

6 November 2024 at 17:11

To: Melanie de Grooth <melaniedegrooth@gmail.com>

November/December 2024 CPD Opportunities

[No images? Click to view email online](#)**BANT**[®]Science-based nutrition
practice since 1997**Deadline Fast Approaching! Get your CPD here!**

Hello there,

Get your skates on! 8 weeks to go until the CPD log deadline of 31 December and you know what else is coming between now and then 🚗. No need to panic however, we still have a great line up of high quality events for you. See below for details.

****CPD highlights**** If you missed Part 1 and 2 of Dr Jessica Rigutto's webinar series on How to Publish Your Research, it is time to catch up. Put these on your priority list, they are recommended viewing for everyone. It is through scientific integrity and publishing research, that our profession will gain ground. Part 3 on conducting and publishing literature reviews is on 21 November – still time to register for the live session and get your questions answered.

We've also got live webinars from our partners [Microbiome Labs](#) and [LifecodeGX](#). Sign up links to these and more below.

The final BANT event of the year on sports nutrition is taking place as this email releases. So, if you are reading this after Saturday 9 November, you've missed it! But don't worry. 2025 BANT events are already planned. Check out the line up [here](#) – with more details coming to you over the coming months.

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:



Targeted Therapeutics for Functional GI and Mood Disorders

Live & online in partnership with [Microbiome Labs](#) on 14th of November 2024 from 18:30 – 19:30

Join Lacey Hall, from [Microbiome Labs](#) as she explores the systemic impacts of gut dysbiosis, teaching you how to select key interventions for a range of functional GI issues and their associated psychological stressors.

[Register Here](#)



Important Webinar Series on How to Publish Your Nutrition Research

Join Dr Jessica Rigutto MPharm, MPH, Dr. sc. MBANT and NED Editor, as she presents on the importance of communicating nutrition science with integrity, with a view to publishing case reports and literature reviews. Sign up for Part 3 below if you have not done so already.

Part 3: 21 November at 12:00 – 13:30
Writing Literature Reviews. Register below.

[Register Here](#)



All That Glitters: Mineral + Metal Metabolism

Live & online in partnership with
[LifecodeGX](#) on 10th of December 2024
from 18:00 – 19:00

Minerals are inorganic elements, many of which are 'essential' - vital for human life. But we are all genetically different, with personal nutrient needs and risks. What is healthful for one person can be toxic to someone else. Join Emma Beswick, from [LifecodeGX](#) as she presents the personalised pathways to illustrate the risks of mineral deficiency or toxicity on mental and metabolic health.

[Register Here](#)



WEBINAR

PARTNERSHIP PROGRAMME

Enriching your Continued Professional Development



Streamlining Your Nutrition Practice: Top Software Tools

In partnership with [Zest for Life](#)

Catch up with Helen Moynihan, Business Mentor at [Zest4Life](#) as she focuses on the top software tools designed to streamline your clinic operations so you can relax and enjoy working with your clients, without the dread of all the admin.

Available in the [BANT Learning Zone](#),
Business Development Category

[Access the Recordings](#)



WEBINAR

PARTNERSHIP PROGRAMME

Enriching your Continued Professional Development



Building a Thriving Practice

In partnership with [CNSLab](#)

Catch up with Sam Dunkley and David Catchpole as they share practical ideas on how to market and build your clinical practice.

Available in the [BANT Learning Zone](#),
Business Development Category

[Access the Recordings](#)

Gut Health & Functional Testing

Recordings of the Gut Health Event now available to all BANT members

pure
encapsulations

GENOVA
DIAGNOSTICS

invivo

New Roots

neovos

OUTMAP

regenerus labs

CNSLab

mylab

BioCare

neovos



Jason Hawrelak



Tracey Randell



Ben Brown



Alex Mann



Debbie Cotton



Gloria Quattrone



Paula Jones

Gut Health

The recordings of the popular Gut Health Event in March 2024 are now available to all BANT members in the BANT Learning Zone. Now presented as a series of webinars, you can access education from Jason Hawrelak, Tracey Randell, Debbie Cotton and others.

Available in the [BANT Learning Zone](#), Digestion and Microbiome Category or through [BANT Events homepage](#).

[Access the Recordings](#)

Student Virtual Tea Sessions – Run for Student Members but open to all!

Keep checking for upcoming sessions

[Find out more Here](#)



New NED Expert Reviews on Elite Sport and Nutrition

[Effect of Sugar- and Polyphenol-Rich, Diluted Cloudy Apple Juice on the Intestinal Barrier after Moderate Endurance Exercise and in Ultra-Marathon Runners](#) in Nutrients. 2024. With Expert Review from Wilma Kirsten

[The effect of nutrition education sessions on energy availability, body composition, eating attitude and sports nutrition knowledge in young female endurance athletes](#) in Frontiers in Public Health. 2024. With Expert Review from Nicky Ester



Impact of Melatonin Supplementation on Sports Performance and Circulating Biomarkers in Highly Trained Athletes: A Systematic Review of Randomized Controlled Trials in Nutrients. 2024. With Expert Review from Chloe Steele

Access the Expert Reviews

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

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

BANT Resources

2025 CALENDAR

THYROID HEALTH
SATURDAY 01 MARCH 2025
IN PERSON, GUILDFORD & VIRTUAL (HYBRID)

NED SCIENCE FORUM
TUESDAY 13 MAY 2025
VIRTUAL EVENT

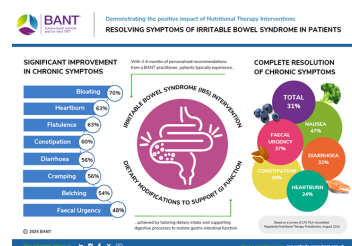
NEURODIVERSITY
SATURDAY 28 JUNE 2025
VIRTUAL EVENT

LIVER HEALTH & DETOXIFICATION
SATURDAY 28 JUNE 2025
VIRTUAL EVENT

Professional Sport & Nutrition

QUERCETIN SUPPLEMENTATION PROMOTES RESILIENCE AFTER EXERCISE-INDUCED MUSCLE DAMAGE: A SYSTEMIC REVIEW AND META-ANALYSIS OF RANDOMIZED CONTROLLED TRIALS

ENERGY AVAILABILITY AND NUTRITIONAL STATUS DURING RECREATIVE TRAINING



2025 BANT Events

NED InfoBite – Professional Sport and Nutrition

BANT Infographic – Demonstrating the Positive Impact of Nutritional Therapy Interventions

Other upcoming CPD events

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

- **BioCare** – The Female Story – A Journey through the Menstrual Cycle, Fertility and Menopause with Jules Cattell. Live on different locations and dates around the country.
- **Pharma Nord** – Heathy Ageing through Nutrition and Lifestyle with Lorraine Nicolle, Katie Sheen and Sue Camp. Live on different locations and dates around the country

- **Pharma Nord** – Oral Inflammation's Role in Systemic Diseases with Sue Camp. Live on-line on 12 November 2024.
- **BANT Webinar Partnership Programme** – Targeted Therapeutics for Functional GI and Mood Disorders with Lacey Hall from Microbiome Labs. Live on-line on 14th of November 2024 from 18:30 – 19:30.
- **BANT Network Meet:** Oxon with Oxford Healthspan. Live on 15 November 2024.
- **BANT Network Meet:** Berkshire for Meet and Catch Up. Live on 20 November 2024.
- **BANT Webinar** – How to Publish your Nutrition Research: Writing Literature Reviews with Dr Jessica Rigutto. Live on-line 21 November 2024.
- **BANT Network Meet:** Kent for Case Discussions. Live on-line on 27 November 2024.
- **ION** – Mastering Menopause in Clinical Practice with Charlotte Hunter. Live on-line 13 and 27 November 2024
- **LifecodeGX** – Dynamic Metabolism with Dawn Waldron and Emma Beswick. Live on-line on 15 November 2024.
- **BANT Network Meet** – Nordics. Live on-line on 29 November 2024
- **Lamberts** – Navigating Alcohol's Influence on Health with Shoela Currey. Live on-line 4 December 2024.
- **ION** – Nutritional Coherence: Encouraging Vibrational Harmony through Food with Elizabeth Butler. Live on-line on 15 January 2024
- **LifecodeGX** – Nutrigenomics Practitioner Programme 2025 with Emma Beswick and Chloe Lortal. Live on-line from 17 January – 28 March 2025
- **ION** – The Big Issue of Ultra-Processed Foods: Investigating the Pathways to Chronic Disease. Recording on demand.
- **ION** – Nourishing the Neurodivergent Brain with Lucinda Miller. Recording on demand
- **ION** – Supporting Adolescent Mental Health with Belinda Blake. Recording on demand
- **ION** – Enzyme Therapeutics in Clinical Practice with Leyla El Moudden. Recording on demand
- **Dr Stacy Sims** – Menopause 2.0 Online Course with Dr Stacy Sims. Course on demand
- **BANT Events** – Gut Health and Functional Testing: Learning Zone Recordings now available. Digestion and Microbiome Category.
- **Health Professional Academy** – Healthy Gut Microbiota and the Role of Probiotics with The Health Professional Academy. Available on demand.
- **BANT Webinar** – Vitamin D: Let's Fact Check with Dilkiran Kular from Nouveau Health. Learning Zone Recording, Hormone and Neurotransmitter Category.
- **BANT Webinar** – Building and Thriving Practice with David Catchpole and Sam Dunkley from CNSLab. Learning Zone Recording, Business Development Category.

- **BANT Webinar** – How to Publish your Nutrition Research: Scientific Communication and Integrity with Dr Jessica Rigutto. Learning Zone Recording, BANT Professional Support Category.
- **BANT Webinar** – Streamlining your Nutrition Practice: Top Software Tools with Helen Moynihan from Zest4Life. Learning Zone Recording, BANT Business Development Category.
- **Regenerus Labs** – Unlocking the Power of Epigenetics: A Trudiagnostic Practitioner Course with Hannah Went and Melissa Keinath. Available on demand.
- **BANT Webinar** – How to Publish your Nutrition Research: Writing up Case Reports from your Own Clinical Practice with Dr Jessica Rigutto. Learning Zone Recording, BANT Professional Support Category.

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.



British Association for Nutrition and Lifestyle Medicine (BANT)

BANT, 27 Old Gloucester Road London, WC1N 3XX

www.bant.org.uk

Registered in England Number: 3333951

Registered address: 18 Hyde Gardens, Eastbourne, East Sussex, BN21 4PT

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