



BANT eNews 139: Review of the Year, Receptors, Dates for your 2025 Diary and Much More

Welcome to Issue 139 - Christmas 2024

Hello there,

Where has the year gone?! We've had a very busy year at BANT, supporting existing members and welcoming new ones and above all pursuing initiatives that raise the visibility of the efficacy of nutritional therapy for the benefit of all our members and the wider community.

In this issue, we have an article on “Receptors and Their Impact on Health” plus information on membership renewals and CPD, a fantastic new member benefit, BANT Events to look forward to in 2025, the latest in our series of student study tips and December’s student tea sessions on Suicide Awareness. Plus, we’ve created a short video summary of what we have been working on this year; which is also a chance for you to put names to faces!

Seasons greetings to you all, enjoy a restful holiday and here's to a happy healthy 2025!

** The BANT team will be taking a much needed break over the Christmas holiday season so we'll be “out of office” from Thursday 19th December to Monday 6th January **

Seasons greetings from our BANT CEO, Satu Jackson



What an autumn we have had: the House of Lords Food, Diet and Obesity Committee concluded their information gathering and published a long report entitled '**Recipe for health: a plan to fix our broken food system**' in October. During the last couple of months, the Government also held a consultation with the aim of reinventing the NHS: **Change NHS**. Both are big and potentially life changing to public health and healthcare, and also our professional landscape.

The House of Lords actions supported in the report included: making large food businesses report on the healthiness of their sales; giving the Food Standards Agency (FSA) independent oversight of the food system; banning the advertising of less healthy food across all media by the end of this Parliament; commissioning further research into the links between ultra-processed foods (UPFs) and adverse health outcomes with the intention of reviewing dietary guidelines to reflect any new evidence. Their report was not short on criticism of the current system either, noting the views of many as to how 16 SACN members had prominent

positions within the food industry, and that the food industry seeks, through sophisticated lobbying strategies, to influence both Government policymaking and academic research for its own ends, evidence suggesting that such lobbying has been influential. Watch this space: the government must respond to this and we may see some action very soon.

The Change NHS consultation is closer to home for us; you can [read a summary of BANT submission here](#); this builds on [the BANT Manifesto](#) published earlier this year. The primary focus of this consultation is to support our key objective to get nutritional therapy into primary care. The most straight forward way to achieve this is to expand the current HCPC Dietetics register to include nutritional therapy in order to support preventative healthcare efforts and manage chronic diet-induced illness. This is something BANT has been working on for some years and hopefully we increase the momentum behind these discussions through this consultation. Nothing happens at speed with such matters, but that won't stop us pushing forward.

The accelerated speed with which things seem to be happening in the wider healthcare sector will ensure that we will have another eventful year ahead of us. But before we get there, we have all earned a restful and peaceful holiday season to enjoy a healthy and happy break to energise us for the year to come.

We look forward hearing your views and wishes for the future of our profession in January in the context of the short survey you'll see when completing your membership renewal. Follow BANT for support and actions that you can take to drive our common cause; many BANT members have already had an audience with their MPs as a result of these actions. All these steps help us make progress and get us heard.

Have a wonderful holiday season, we look forward to seeing you in 2025!

A handwritten signature in black ink, appearing to read 'Sarah J.', with a long, thin horizontal line extending from the bottom of the signature towards the right.

Review of BANT's Year 2024



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practice since 1997

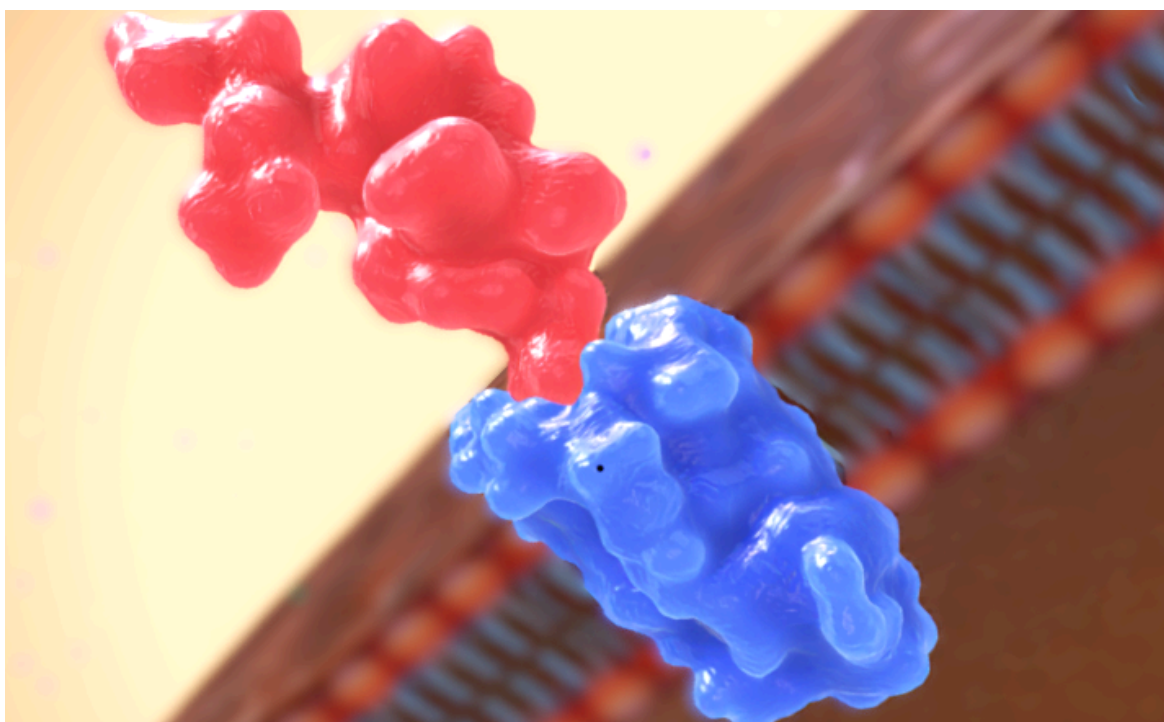
BANT'S YEAR 2024

If you can't open the above video, access it [here](#)

BIOCHEMISTRY IN PRACTICE

Understanding Receptors and Their Impact on Health: A Comprehensive Guide for Nutritional Therapists

By Nicola Zanetti



Nutritional Therapists are often at the forefront of helping clients balance their hormones and improve overall health.

However, sometimes things don't go the way you want them to... why?

A deeper understanding of receptors and their role in the body can be the key to unlocking better results.

This guide delves into the fundamentals of receptors, cofactors, and their implications for health, providing you with the knowledge to help your clients even more.

A signal MUST be received

Receptors are specialised proteins that act as communication hubs, receiving and responding to signals such as hormones, neurotransmitters, and other molecules. They are crucial for a myriad of physiological processes.

Here are some key points about receptors:

- **Protein Nature:** Receptors are proteins encoded by genes, highlighting the genetic variability that can affect their function. Each person's unique genetic makeup can influence how effectively their receptors perform.
- **Amino Acid Composition:** Proteins, including receptors, are made from amino acids. Understanding the specific amino acids involved can shed light on their roles and requirements. For instance, some receptors may require a higher abundance of certain amino acids to maintain their structure and function.
- **Cofactors:** Some receptors require additional molecules called cofactors to function properly. These can include minerals, vitamins, and other nutrients. Cofactors assist in stabilizing receptor structures or facilitating biochemical reactions that are essential for receptor activity.

Why is this important?

Case Study: The GLUT2 Receptor in glucose metabolism

The GLUT2 receptor, also known as the glucose transporter type 2, is integral to glucose metabolism. This receptor facilitates the **transport of glucose across cell membranes** and is primarily expressed in adipocytes (fat cells), skeletal muscle, liver, and pancreatic beta cells. It plays a significant role in regulating blood sugar levels by enabling cells to uptake glucose efficiently.

GLUT2 is composed of 509 amino acid residues, and its structure is vital for its function. Given the protein nature of the receptor, it is essential to consider its shape, the arrangement of its residues, and the various amino acids involved in its structure. Additionally, since GLUT2 is a protein, it is encoded by genes, and genetic variability can affect its efficiency and function.

Let's now have a look at the key components that this receptor includes:

- **Phenylalanine on the N-terminus:** Essential for the proper orientation and function of the receptor. This amino acid helps anchor the receptor in the cell membrane, ensuring it is correctly positioned to transport glucose. This means that with phenylalanine being an essential amino acid which can ONLY be obtained through the diet, and thus your work as a nutrition professional is **INVALUABLE** to the client.
- **Two leucine residues:** Important for maintaining the structural integrity of the receptor.

Leucine residues contribute to the formation of the receptor's hydrophobic core, which is crucial for its stability and function. Once again with leucine being an essential amino acid, albeit a very common one, it still needs to be properly included in a program aimed at improving blood sugar regulation.

- **Several cysteine residues for disulphide bonds:** Crucial for forming the correct three-dimensional structure through disulphide linkages. These bonds stabilize the receptor's conformation, ensuring it maintains its functional shape. With Cysteine being a NON-ESSENTIAL amino acid, it may seem a non-problem for the client. This is MOSTLY the case, but it is also VITAL to remember that cysteine is an amino acid that is **sulphur rich**, which means that sulphur must be present in the diet of the client to support **blood sugar balancing**.

Understanding the specific amino acids and their roles in the GLUT2 receptor highlights the importance of protein composition in receptor function and can have a significant impact on your patient's health.

But it does NOT stop here...

The importance of Cofactors

Cofactors are non-protein chemical compounds that assist in the biological activity of proteins, including receptors. Often, receptors, enzymes, and other proteins require cofactors or coenzymes to work optimally. For example:

- **Sodium and Potassium:** Essential for maintaining osmotic balance and membrane potential. They play a critical role in the functionality of many types of receptors, particularly those involved in nerve signal transmission. **For GLUT2, sodium and potassium help maintain the electrochemical gradients** necessary for glucose transport.
- **Magnesium (Mg):** Necessary for ATP synthesis and various enzymatic reactions. Magnesium acts as a cofactor for numerous enzymes involved in energy production and synthesis of essential biomolecules, including those that **regulate GLUT2 activity**.

Understanding the specific cofactors needed for receptor function can provide insights into nutritional requirements and potential deficiencies. For example, an insufficiency in magnesium can impair receptor function and lead to metabolic disturbances.

What does it mean for you as a therapist?

Everything we just discussed is very important in your practice and your work with your clients.

When it comes to the conditions linked to hormonal health such as PCOS, anxiety, low mood and many others; it is of VITAL importance to also think about the health of the receptors alongside the balancing of the hormones themselves.

Understanding the interplay between hormones and their receptors is crucial for developing effective therapeutic strategies.

For example, in metabolic disorders like **dyslipidaemia and diabetes**, **thyroid hormone signalling** interacts with other metabolic pathways through nuclear receptors, emphasizing the need to consider these interactions for treatment development (Liu & Brent, 2010).

By addressing both hormonal imbalances and the functionality of hormone receptors, health therapists can provide more comprehensive and targeted care to their clients. This approach

not only considers the impact of hormonal therapies but also takes into account the role of receptors in mediating these therapies' effects (Lacroix et al., 2001).

A holistic approach that encompasses both hormones and their receptors is essential for optimizing treatment outcomes and improving the overall health of individuals facing hormonal-related issues.

References:

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Mueckler M, Thorens B. The SLC2 (GLUT) family of membrane transporters. *Mol Aspects Med* 2013

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Nicola Zanetti

Nicola Zanetti is a renowned nutritionist, bestselling author, and entrepreneur. He has a Masters degree in Human Nutrition and has consulted for celebrities, elite musicians, and sports champions. Nicola has also been a senior lecturer and business consultant for health therapists, helping the next generation of health professionals succeed. He has written several bestselling books, including "Nutrition for Padel" and "The Hidden Link Between Bloating and Candida," and has made significant contributions to the field of nutrition and alternative medicine.

<https://nicolazanetti.org/>

Instagram @nickzanettiofficial

Email: info@nicolazanetti.org



you can log both BANT-approved and self-directed CPD

Click through to our CPD guide [here](#) for a refresher on how to log your learning

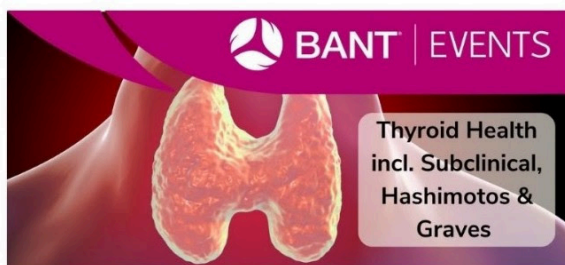


Of course it's that time of year again. CPD and reflective practice is a key element of professional practice, so take the time to bring your CPD log up to date for 2024 for smooth renewal of your membership in January.

- You will receive a renewal notice on 1st January 2025 and will not be able to renew before then

If you haven't yet completed enough CPD to meet your 2024 requirement, access the [BANT Learning Zone](#) via the hotlink on your [BANT Dashboard](#) where you'll find a library of BANT Webinars included in your membership. Also check your inbox tomorrow, 14th December, for the latest CPD available to you.

Dates for your 2025 Diary



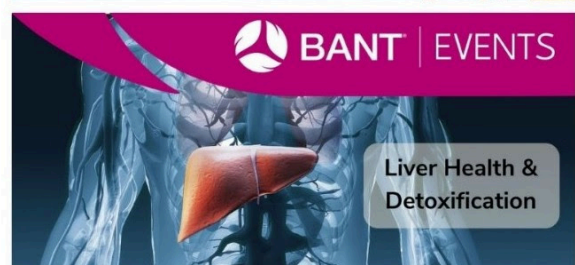
SATURDAY 01 MARCH 2025

Hybrid Event



SATURDAY 28 JUNE 2025

Virtual Event



SATURDAY 08 NOVEMBER 2025

Virtual Event

We've already scheduled a great series of BANT Events for 2025, so save the dates! We'd love to see you there.

Thyroid Health, Saturday 1st March.

In-person in Guildford, Surrey, and also Virtual (hybrid)

BANT AGM & Nutrition Evidence (NED) Science Forum, Tuesday 13th May

In-person at the Royal Society of Medicine, London

Neurodiversity, Saturday 28 June

Virtual

Liver Health and Detoxification, Saturday 08 November

Virtual

For more info on all of our 2025 events see

<https://bant.org.uk/bant-events-2025/>



Have You Signed up for the BANT Impact Data Study?: Does Nutritional Therapy Positively Affect Troublesome Digestive Symptoms?

If your answer is “YES!”, join a study to help us prove it!

We are still calling for expressions of interest from BANT members to contribute to a research study on the impact of personalised nutrition on digestive function.

By joining this study, you will get free access to the MYMOP digital platform for the duration of the study, free MYMOP training from Meaningful Measures and client impact data on your services. You will also be contributing to the evidence-base for the practice of personalised nutrition, thereby advancing our profession.

If you're interested in participating, you can view the [recording](#) of a recent live session presented by the study Principal Investigator and BANT Science and Education Manager, Clare Grundel, and get in touch with her at clare.grundel@bant.org.uk.

WE NEED 25 BANT MEMBERS TO JOIN A STUDY

Join our study to help us prove that personalised Nutritional Therapy interventions improve digestive health.

Are you in **Clinical Practice** of **Nutritional Therapy**?
Do you work with clients with Irritable Bowel Syndrome (IBS)?

Join this study to generate data on the impact of the practice of Nutritional Therapy on digestive disorders and contribute to the evidence base of the profession.

Benefits - You will gain:

- **F**ree training in the use of digital MYMOP + secure log-in for you and your clients.
- Data on the impact of your nutritional therapy services using MYMOP, a validated instrument.

Commitment from you:

- **A**ttend training paid for by BANT in the use of the digital MYMOP platform.
- Assess your clients for study eligibility using pre-determined criteria, provide information on the study and secure necessary consents from those willing to take part.

Commitment from your clients:

- **C**omplete a study consent form at on-boarding.
- Complete a MYMOP assessment form during each nutrition consultation and at week 12 and 24 of their nutritional therapy inputs/or sign off if earlier.

Are you eligible? - You will need to:

- **B**e in active Nutritional Therapy clinical practice with indemnity insurance.
- Be a full member of BANT for at least the last 3 years and be based in the UK.
- Be registered with the [Complementary and Natural Healthcare Council \(CNHC\)](#) and the [Information Commissioners Office \(ICO\)](#).
- Be able to start working with 5 or more new adult clients presenting with digestive disorders through your usual on-boarding procedures over a 3 month period at the start of 2025.
- Have no history of successful insurance claims for malpractice or breach of professional duty.

Location of Study:

- **Y**our own Nutritional Therapy clinics.



If you are interested in taking part or would like more information, please email the study principal investigator, Clare Grundel at clare.grundel@bant.org.uk.

Please note that this is a call for expressions of interest only pending ethics approval.

This study is brought to you by the BANT Science & Education Team



Do you need a new PC or laptop for your practice, research or studies? If so, check out this great new BANT member benefit:

DELL Technologies is offering:

- Up to 20% discount off laptops, desktops and accessories
- Access to our highly trained Small Business Technology Advisors to help members with free advice to grow their business

[CLICK HERE FOR MORE...](#)

That's it for 2024! Join Us Again in 2025 - Here's Why...

BANT is the home of nutrition professionals, setting the standard of excellence in science-based nutrition and lifestyle medicine. We greatly value our members and strive to provide a rich array of free and subsidised benefits within our membership fee to support you in your practice.

Databases integral to evidence-based clinical practice



Natural Medicines Database

The most authoritative resource available on dietary supplements, natural medicines, and complementary alternative and integrative therapies.

(Retail value \$298 per individual member account)



Nutrition Evidence Database

The UK's first scientific database of nutrition and lifestyle medicine research, focused on high-quality, human research. Open-access and fully-funded by BANT.

(Comparative dietetics database retail value £360 per account)

Ready-made clinical resources for use in 1-2-1 and group settings



(Branded professional hand-outs)

Professional support to practice safely, legally and ethically with confidence



Professional Practice Panel BANT Handbook

Interpreting the professional landscape, CNHC guidelines, and codes of conduct for member ease.

(Protecting members and ensuring safe practice)

Investment in PR, representation, community and recognition for NTs

- Free Practitioner Profile
- Local Networks
- Political Lobbying
- Journalist Outreach
- Professional Representation
 - BANT Manifesto
 - GP Engagement
 - HCP Networking

(Raising the profile of members)



Discounts and offers on industry services & products

Exclusive offers on a wide range of professional services, including group memberships (IFM), specialist training and education, practice software, testing, supplements, health food and drink products.

30+ hours exclusive BANT- funded & subsidised CPD



Webinars



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Events



Enews

(Worth in excess of £300+ per member based on minimum cost of £10/hour CPD)



Cost saving



Time saving



Profile raising

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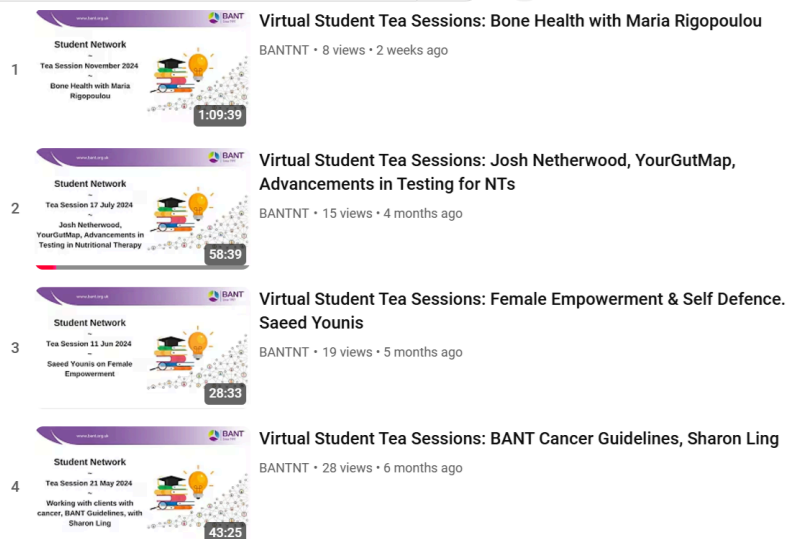
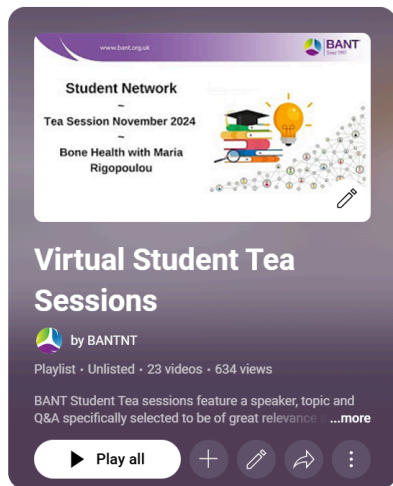
Welcome to the Christmas 2024 issue of the BANT Student eNews



We wish you all a merry Christmas holiday season. Many of you will be studying during the holidays, so we hope that you'll make good use of your BANT educational resources (access via the hotlinks on your [Member Dashboard](#)).

In this issue, we have details of the December student Tea Sessions, the latest in our series of student study tips and January renewals or upgrades.

Student Tea Sessions



Heather Chapman, our volunteer Student Network Lead, role includes organising and hosting virtual tea sessions for students. We are so grateful to Heather for the amazing programme of tea sessions that have taken place this year and for next year's series which is taking shape nicely.

December's tea session speaker is [Joy Hibbins](#), who runs an award-winning Suicide Crisis Centre in SW England and is a highly regarded speaker who has been recognized in the Queen's Honor List for her work in this field. Joy kindly offered to present two sessions on Suicide Awareness: 1) identifying red flags related to suicidal ideation and 2) knowing how to seek help and guidance if you do spot red flags, whether in your professional or personal life.

The first of two sessions took place earlier this week and is available to view on the [BANT Student Youtube page](#).

18 December, 12 – 1 pm: Joy Hibbins on Suicide Awareness, Session 2: Spotting Red Flags and Guidance on Supporting Someone in a Suicidal Crisis

Join us on Zoom

@ <https://us06web.zoom.us/j/86023355902?pwd=fxQuBLMh9bZmyKf7f1nHJH96iTeH4s.1>

Meeting ID: 860 2335 5902

Passcode: 889663

11 February 2025, 12 - 1pm: Claire Amos on Fasting as Medicine, Techniques and Experiences

Join us on Zoom:

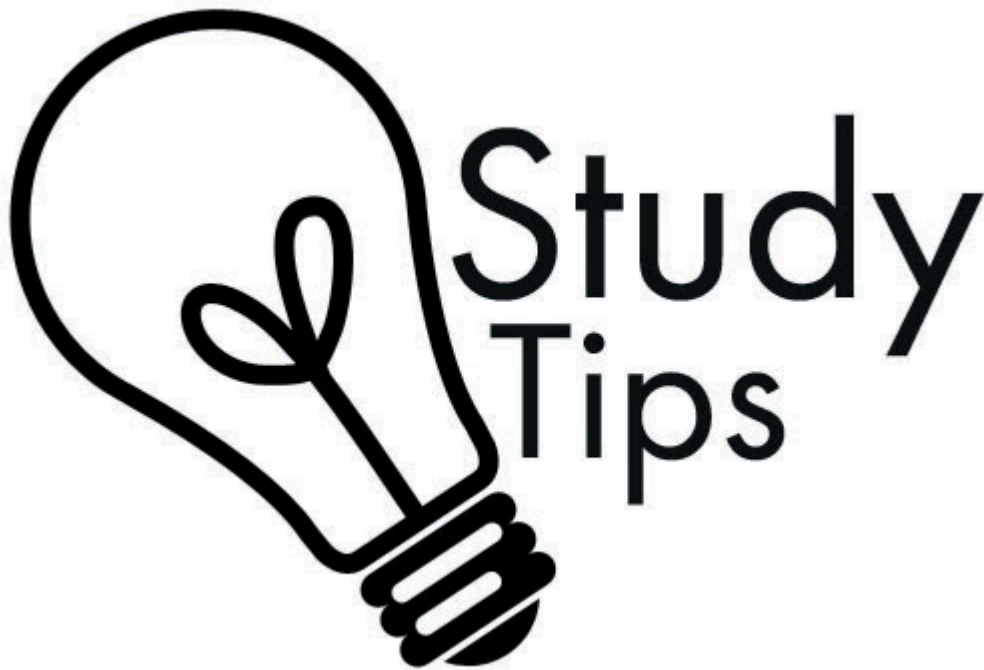
@ <https://us06web.zoom.us/j/87489053313?pwd=gBdEA81LyfLFXcsrnaMOBI1pXtkO1j.1>

Meeting ID: 874 8905 3313

Passcode: 210325

Keep an eye on the [Student Network page](#) for details of upcoming tea sessions and access previous sessions on our [BANT Student Youtube page](#)!

Heather and Sara's Study Tips!



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

Caution on AI Study Tools

As previously, we reiterate that 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 Scholarcy.

Scholarcy:- <https://www.scholarcy.com/scholarcy-features/> (Gooch and Warren-Jones, 2023)

Scholarcy is an AI based online summarising tool, that produces flashcards and summary articles. It uses a library system like that of Mendeley and comes with a Google Chrome

extension. It presents the key study data such as, study participants, data analysis, main findings, and limitations. It is estimated to reduce the time spent appraising studies by up to 70% (though note it is not a replacement for doing comprehensive Critical Appraisal of studies for your academic assignments). This software is an approved assistive technology by the UK Department for Education.

For students, it may help you to organise your articles, books, and papers, into topics, projects, or assignments, helping you to keep track of your learning and knowledge. It provides a snapshot of the papers in the library, helping you identify which ones are important to your current project.

Easy to sign up, and easy to use. They offer a free trial so you can assess it before paying, [at the time of writing] after which the **price** is £7.99 if you pay per month or £72.00 if you pay per year.

References

Summarizer | Scholarcy. [online] Scholarcy Ltd. Available at: <<https://www.scholarcy.com/>> [Accessed 12 March 2024].

Renew or Upgrade to Full Membership for 2025.

If you are still studying, the renewal fee for 2025 will be at the same rate as last year: £45. The process for students is very simple: you'll receive a renewal notice by email on 1st January and will have up till 31st January to complete your renewal via your BANT Dashboard.

If you have recently graduated, wait for the 1st January renewal notice email which will contain full instructions, but if you're keen to upgrade **Full membership** to start practising without delay you get your **insurance** in place and organise your **reference** (these are not required for **Non-Practising** membership).

See the infographic below for a whole host of reasons why to renew or upgrade.

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Time saving



Profile raising

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