



## Final CPD opportunities in 2024 – and planning for 2025

Hello there,

This is the final CPD mailing of 2024. It will soon be time to down tools and reflect on the year that has been. However, before we go, there are still CPD opportunities around and it is a good time to start planning for your learning in 2025 starting with [2025 BANT Events](#). See more CPD events below.

If you want to know more about the BANT digestive health research study, you can watch [the introductory session](#). We are still looking for BANT members in 1-2-1 clinical practice to join the study, which starts in January 2025. Please send an email to Clare Grundel for further details, [clare.grundel@bant.org.uk](mailto:clare.grundel@bant.org.uk).

**\*\*CPD highlights for 2024\*\*** If you missed the 3-part series from Dr Jessica Rigutto on How to Publish Your Research, it is time to catch up. This series will enable you to communicate nutrition and lifestyle sciences with integrity and will inspire you into publishing the research that you do as part of your nutrition practice. All available exclusive to BANT members in the

[BANT Learning Zone](#), BANT Professional Support category. Elevate your nutrition practice by getting published!

Tickets are already on sale for the first BANT Event of 2025 on Thyroid. See the line-up and [grab your ticket](#). Click the link for the full programme of [BANT Events in 2025](#).

The CPD Committee is a small group of BANT members who volunteer their time to review the quality of training that receives the BANT CPD approved badge. They are a wonderful team of people, who work hard individually and cooperate brilliantly as a team. We say thank you to them all and send warm wishes for the festive season to: Jacqui Merridew, Jackie Donkin, Nina Cattley, Sam Lewis, Shireen Masani, Sophie Baillie.

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](mailto: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:





**WEBINAR**

**PARTNERSHIP PROGRAMME**

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Enriching your Continued Professional Development



## All That Glitters: Mineral + Metal Metabolism

In partnership with [LifecodeGX](#)

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.

Available in the [BANT Learning Zone](#),  
Nutrigenomics/Genetics Category



## Targeted Therapeutics for Functional GI and Mood Disorders

In partnership with [Microbiome Labs](#)

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.

Available in the [BANT Learning Zone](#),  
*Digestion and Microbiome Category*



## 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.

Part 1: Scientific Communication and Integrity

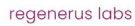
Part 2: Writing up Case Reports from Your Own Clinical Practice

Part 3: Writing Literature Reviews

Available in the [BANT Learning Zone](#),  
*BANT Professional Support category*

## Gut Health & Functional Testing

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



Jason Hawrelak



Tracey Randell



Ben Brown



Alex Mann



Debbie Cotton



Olivia 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

[Effects of ketogenic diet on cognitive function of patients with Alzheimer's disease: a systematic review and meta-analysis](#). in The Journal of Nutrition, Health & Aging. 2024. With Expert Review from Karin Elgar

[Effects of a Ketogenic Diet on Body Composition in Healthy, Young, Normal-Weight Women: A Randomized Controlled Feeding Trial](#). in Nutrients. 2024. With Expert Review from Chloe Steele

[Very-low-calorie ketogenic diet vs hypocaloric balanced diet in the prevention of high-frequency episodic](#)



[migraine: the EMIKETO randomized, controlled trial](#). in Journal of Translational Medicine. 2023. With Expert Review from Karin Elgar

[Eating habits and sleep quality in individuals with type 1 diabetes on continuous glucose monitoring and insulin pump](#) in Nutrition, Metabolism, and Cardiovascular Diseases : NMCD. 2024. With Expert Review from Georgie Murphy

Access the Expert Reviews

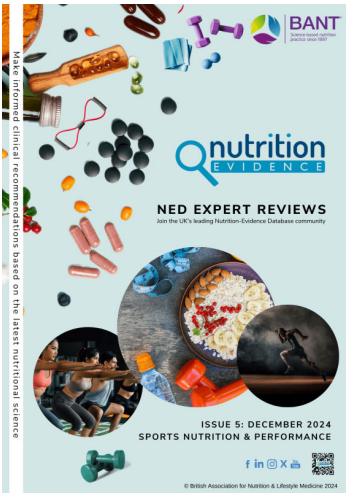
Keep scrolling for more CPD, BANT recognised and quality assured.

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

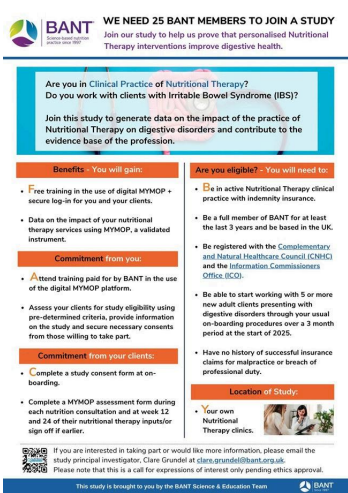
## BANT Resources



[NED Infobite – Ketogenic Diets](#)



[NED Journal Issue 5 – Sports Nutrition and Performance](#)



[BANT Digestive Health Study](#)

## Expression of thanks to our BANT Event Sponsors

Goldman Laboratories

Goldman Laboratories is revolutionising the world of nutraceuticals with scientifically backed, premium-quality supplements designed to support optimal health and vitality.





As pioneers in advanced encapsulation, we specialise in delivering bioavailable solutions tailored to optimise well-being.

Our award-winning product line, including Skin Glow, reflects our commitment to merging science and innovation to meet the needs of health-conscious individuals worldwide.

Discover how our cutting-edge formulations can make a difference for your patient. Explore our range and learn more about us.

Visit your [Goldman Labs page](#) to access your BANT Member special offers.

## Other upcoming CPD events

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

- **Pharma Nord** – Anxiety: key Nutrients, Dietary and Lifestyle Strategies with Katie Sheen. Live on-line on 10 December 2024.
- **Lamberts** – Beyond the Label: Plant-based vs Plant Only Diets with Shoela Currey. Live on-line on 15 January 2025.
- **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.
- **Lamberts** – The Rise of Auto-Immune Liver Disease with Victoria Hamilton. Live on-line on 29 January 2025.
- **Lamberts** – Sleep Nutrition: A Clinician's Toolkit with Shoela Currey. Live on-line on 12 February 2025.
- **ION** – Navigating Inflammatory Bowel Disease: A Practitioner's Guide with Clemmie Oliver. Live on-line on 12 February 2025.
- **ION** – Supporting Adolescent Mental Health with Belinda Blake. Recording on demand.
- **ION** – Enzyme Therapeutics in Clinical Practice with Leyla El Moudden. Recording on demand.
- **BANT Events** – Gut Health and Functional Testing: Learning Zone Recordings now available. Digestion and Microbiome 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.
- **BANT Webinar** – Innovative Approaches to Balancing the Gut-Brain Axis with Lacey Hall in partnership with Microbiome Labs. Learning Zone Recording, Digestion and Microbiome Category.
- **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.



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