

January/February 2025 CPD Opportunities

[No images? Click to view email online](#)



## A new year – time to get CPD busy

Hello there,

A new year has landed! As has this CPD email, the first of 12 across 2025, bringing you what's new with events, programmes, webinars, research and resources. If this finds you scrabbling to get your 2024 CPD over the line to renew your membership, then now is the time to set an intention for 2025 to be different. Use this email to find the best of what is out there and log your reflections as you go along. Go on, you know you want to!

### Seeking pioneering BANT members!

We are looking for more BANT members to join our research study! If you have seen this before and been put off by the client recruitment criteria of 5 new clients over 2-3 months, then please note that Clare still wants to hear from you. We do have to meet our sample size, but we can extend the period of study should it take you longer than 3 months to onboard 5 new clients. Get involved! You will be named as contributing to the research, will receive a profile boost on BANT social media and have an opportunity to write up a case report. Email Clare Grundel at [clare.grundel@bant.org.uk](mailto:clare.grundel@bant.org.uk).



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

## 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](mailto: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



BANT has got a full programme of events and webinars planned for you. Check out the starting list below. Our training providers are also busy. Read on for the full run down.

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:



## Thyroid Health for Nutrition and Lifestyle Medicine Practitioners

**Date:** Saturday, March 1, 2025 at 9:15 AM to 5:00 PM GMT

**Venue:** On-line as a virtual event or attend in person: Mandolay Hotel, 36-40, Guildford, England, GU1 2AE, United Kingdom

[Get your ticket here!](#)

For the complete line up of BANT Events for 2025, click [here](#).



## ★ TOP PICK FROM 2024 ★ 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**

pure  
encapsulations

GENOVA  
DIAGNOSTICS

invivo

New Roots

myo

OUTMAP

regenerus labs

CNSLab

myo

BioCare

neovos



Jason Hawrelak



Tracey Randell



Ben Brown



Alex Mannes



Debbie Cotton



Glenda Quattrini



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](#)



## New NED Expert Reviews

[The Influence of Nutritional Intervention in the Treatment of Hashimoto's Thyroiditis-A Systematic Review in Nutrients. 2023. With Expert Review](#) from Ana-Paula Agrela

[Do Dietary Supplements Affect Inflammation, Oxidative Stress, and Antioxidant Status in Adults with Hypothyroidism or Hashimoto's Disease?-A Systematic Review of Controlled Trials](#) in Antioxidants (Basel, Switzerland). 2023. With Expert Review from Ana-Paula Agrela

[Effect of probiotics or prebiotics on thyroid function: A meta-analysis of eight randomized controlled trials](#) in PloS One. 2024. With Expert Review from Kate Lawrence.

[Access the Expert Reviews](#)

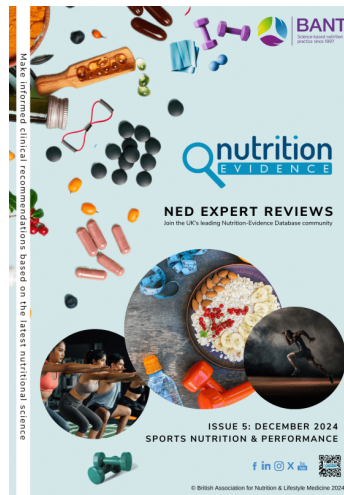
Keep scrolling for more CPD, BANT recognised and quality assured.

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

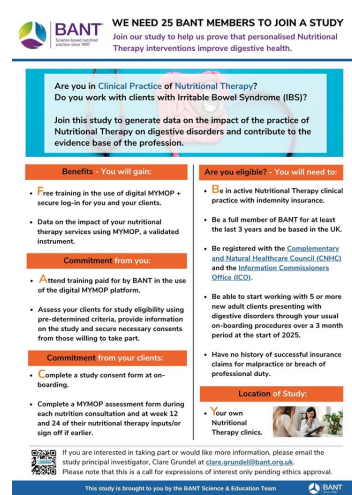
## BANT Resources



## NED Infobite – Ketogenic Diets



## NED Journal Issue 5 – Sports Nutrition and Performance



## BANT Digestive Health Study

# Other upcoming CPD events

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

- **LifecodeGX** – Nutrigenomics Practitioner Programme 2025 with Emma Beswick and Chloe Lortal. Live on-line from 17 January – 28 March 2025
- **AFMCP Europe 2025** – Blended on-line and in-person education on how to use IFM's tools to improve outcomes for patients with chronic diseases with Bob Rountree, Shilpa Saxena and Dan Lukaczer. From 21 January to 4 April 2025
- **Pharma Nord** – Optimising Cognition Through Nutrition with Lorraine Nicolle, Helen Lynam, Katie Sheen and Sue Camp. Live on different locations and dates around the country
- **CNSLab** – How to Build a Thriving Clinical Practice with Sam Dunkley and David Catchpole. Live on-line on 23 January 2025
- **Lamberts** – The Rise of Auto-immune Liver Disease with Victoria "VJ" 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
- **Lamberts** – Inflammation: A Hidden Health Threat with Shoela Currey. Live on-line on 26 February 2025
- **ION** – Introduction to Fertility Nutrition with Sandra Greenbank. Live on-line on 11 March 2025
- **Lamberts** – Microbiota and Immunity with Dr Miguel Toribio-Mateas. Live on-line on 12 March 2025

- **ION** – Mastering Menopause in Clinical Practice. 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
- **BANT Events** – Gut Health and Functional Testing: Learning Zone Recordings now available. Digestion and Microbiome 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 from Microbiome Lab. Learning Zone Recording, Digestion and Microbiome Category
- **Regenerus Labs** – Understanding the Immune System, Food Sensitivity and Allergy and using the P88 in Practice with Dr Burdette. Available on demand
- **BANT Webinar** – How to Publish your Nutrition Research: Writing Literature Reviews with Dr Jessica Rigutto. Learning Zone Recording, BANT Professional Support Category
- **BANT Webinar** - All that Glitters: Mineral + Metal Metabolism with Emma Beswick from Lifecode GX. Learning Zone Recording, Nutrigenomics/Genetics 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](http://www.bant.org.uk)

Registered in England Number: 3333951

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

The information in this email, and any attachments, is confidential and may be legally privileged. It is intended solely for the addressee. Access to this email, and any attachments, by anyone else is unauthorized. If you are not the intended recipient, any disclosure, copying, distribution, or any action taken or omitted to be taken in reliance on it, is prohibited and may be unlawful. If you have received

this email in error, please notify us immediately (by telephone or by return email) and destroy the message and all copies in your possession. Please note that **unsubscribing** from this list might mean that you might miss important messages for members. Contact us if you wish to change your preferences.

**[Unsubscribe](#)**

© 2025 | All rights reserved.