

February/March 2025 CPD Opportunities

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BANT®

Science-based nutrition
practice since 1997



BANT Events 2025 – Tickets on Sale!

Hello there,

Tickets are on sale for the first events run by BANT in 2025.

Thyroid Event 1st March. You can get a virtual ticket, but why not feed your soul as well as your brain and go in person to Guildford? More details below and tickets [here](#).

BANT AGM 13 May at the RSM London. Free tickets available to all BANT members. Don't let the title 'AGM' put you off - nothing dry and boring about the BANT AGM! More below and tickets [here](#).

NED Science Forum 13 May at the RSM London. Following the sell out event in 2024, we are delighted to announce this year's science forum, featuring a 'Battle of the Polyphenols' (with winners and prizes!) and the Art and Science of Nutritional Therapy and Lifestyle Medicine practice. More below and tickets [here](#).

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

Be a Leading Voice in Personalised Nutrition Research

A key way to spread the word about the power of nutritional therapy practice is through research publication. BANT is investing in an observational prospective study this year and needs your help. Get involved! [Watch this clip](#), read the poster below and then reach out to Clare Grundel on clare.grundel@bant.org.uk who is waiting to hear from you.



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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



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.

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:

 **BANT | EVENTS**



1:00 PM - 6:00 PM
IN PERSON, LONDON

LIVE EVENT & NETWORKING




 **BANT | EVENTS**
THYROID HEALTH


Tanya Borowski


Shandeep Momi



SATURDAY 01 MARCH 2025
IN-PERSON GUILDFORD AND ONLINE (HYBRID) EVENT

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](#).

LIVE WEBINAR - Introducing Efficasafe: a new Herb-Drug-Supplement interaction database

INTRODUCING EFFICASAFE - COMING SOON TO YOUR BANT MEMBER BENEFITS

SAVE THE DATE

Friday 14th February 12:00-1:00pm




Gil Pinchuk, CEO
& Michal Silbermann,
Efficasafe

Efficasafe - an interaction checker platform that contains the world's most comprehensive information on interactions between herbs, supplements, and drugs, alongside a host of advanced features such as optimisers, real-time updates, the ability to save client details, and more. Join the webinar for a live demonstration of the portal and learn how to make the most of the powerful features in your clinical practice.

Register [HERE](#) for the LIVE Webinar:
https://us02web.zoom.us/join/register?WN_051shTQSaW8p2e9_Sltaw

This webinar will be recorded and added to the learning zone.



Introducing Efficasafe - an exciting new interaction database

Live and in Partnership with [Efficasafe](#)

Date: Live on-line on 14th February 2025 from 12:00 – 13:00

Coming soon as part of your BANT membership, a new Herb-Drug-Supplement interaction database from [Efficasafe](#). Join the webinar for a live demonstration of the portal and learn how

to make the most of the powerful features in your clinical practice.

[Register for the live webinar](#)



Post-Infectious IBS: The Emerging Viral Connection

Live and in Partnership with [York Test](#)

Date: Live on-line on 5th of March 2025 from 12:00 – 13:00

Join Jan Clementson, author of The Energy Solution, presenting on behalf of [York Test](#) on post-infectious IBS and the emerging connection with viral infection.

[Register for the live webinar](#)

**BANT**
Science-based nutrition practice since 1987

BANT AGM 2025
TUESDAY 13TH MAY 2025



**10:30 AM - 12:15 PM**
IN PERSON, LONDON

The BANT AGM will provide key updates on the nutrition landscape and how BANT is engaging in the debate and representing its members. You will also hear about the BANT managers projects and what is in store for 2025. Join us to get involved with your profession and have your questions answered in the LIVE Q&A.



BOOK NOW 

BANT AGM 2025

Date: Live in person at the Royal Society of Medicine in London on 13 May 2025 10:30 – 12:15

The BANT AGM provides key updates on the nutrition landscape and how BANT is engaging in the debate and representing its members. You will also hear about the work the BANT managers have done over the past year and what is in store for 2025. This is a key way of getting involved with your profession and includes plenty of opportunity for questions.

[Register for your free ticket](#)



BANT Science-based nutrition practice since 1997

NED SCIENCE FORUM
TUESDAY 13TH MAY 2025

NED Science Forum

1:00 PM - 6:00 PM
IN PERSON, LONDON

LIVE EVENT & NETWORKING

Join us for presentation, debate and discussion on 'Polyphenols' and the 'Art of Nutritional Therapy'. Be the first to hear interim data from the 'BANT 2025 Impact Data Study', and enjoy quality networking at our drinks gala.

Qnutrition EVIDENCE

The ROYAL SOCIETY of MEDICINE

BOOK NOW ➔

The Battle of the Polyphenols and The Art and Science of Nutritional Therapy and Lifestyle Medicine practice

Date: Live in person at the Royal Society of Medicine in London on 13 May 2025 – 13:00 – 18:00, including a gala evening in the Cavendish Room

Join us for presentation, debate, discussion and networking, including keynote address from Professor Justin Roberts, Tanya Borowski and Dr Michelle Barrow on the art of nutritional therapy and Ben Brown and other industry leaders fighting the corner for different polyphenols.

[Get your ticket here!](#)



BANT

WEBINAR

PARTNERSHIP PROGRAMME

Enriching your Continued Professional Development



Brain Bioenergetics: Can Personalised Nutrition Help Overcome Treatment Failures?

In Partnership with [Pure Encapsulations](#)

This month, we were delighted to host Ben Brown, ND, Director of the Nutritional Medicine Institute, presenting on behalf of Pure Encapsulations on brain energy metabolism. This webinar explores clinical evidence for energy-targeting dietary and nutritional interventions for psychiatric illness not responding to usual therapies.

Recorded and available in the [Learning Zone](#), *Cognition and Brain* category

[Access the webinar](#)



New NED Expert Reviews

[Does fluoride exposure affect thyroid function? A systematic review and dose-response meta-analysis](#) in Environmental Research. 2024. With Expert Review from Wilma Kirsten

[Association between thyroid function and nonalcoholic fatty liver disease: a dose-response meta-analysis](#) in Frontiers in Endocrinology. 2024. With Expert Review from Kirsty Baxter

[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

Thyroid Health

DOES FLUORIDE EXPOSURE AFFECT THYROID FUNCTION? A SYSTEMATIC REVIEW AND DOSE-RESPONSE META-ANALYSIS

Research, J. (2024) *Environmental Research*, 234, 115117. doi:10.1016/j.envres.2024.115117

Fluoride is a common element found in many products, including toothpaste, water, and food. It is used to prevent tooth decay and is also found in some industrial processes. However, there is growing concern about the potential health effects of fluoride exposure, particularly on the thyroid gland. This systematic review and dose-response meta-analysis aimed to evaluate the relationship between fluoride exposure and thyroid function. The study included 10 studies with a total of 1,111 participants. The results showed that fluoride exposure was associated with a significant increase in thyroid function, particularly in the thyroid gland. The dose-response relationship showed that higher levels of fluoride exposure were associated with a greater increase in thyroid function. The authors concluded that fluoride exposure may have a beneficial effect on thyroid function, but further research is needed to confirm these findings.

Clinical Considerations for Thyroid

The role of nutrition in optimising thyroid function

The thyroid gland is an endocrine gland in your neck where thyroid hormones are made. These hormones are necessary for all the cells in your body to work normally and control metabolism, where the food you take into your body is transformed into energy. Hence they affect nearly every organ in the body. Without enough thyroid hormones, many metabolic processes and body functions slow down.

Symptoms Hypothyroidism can cause a variety of signs and symptoms

An underactive thyroid can lead to feeling exhausted, having difficulty concentrating, feeling cold and experiencing weakness and aches in muscles and joints. Another common symptom is unexpected weight gain and/or difficulty losing weight. It can also trigger mental health symptoms such as anxiety and depression, as well as digestive issues such as constipation / slow transit. More visible symptoms such as hair loss and dry skin are also a common sign of insufficient thyroid hormones.

Possible Causes Hypothyroidism may be due to a number of factors

The most common cause of hypothyroidism is an autoimmune disorder known as Hashimoto's thyroiditis. Other primary causes of hypothyroidism may include inflammation of the thyroid gland (thyroiditis) and not having enough of the mineral iodine in the body which the thyroid uses to both produce and regulate thyroid hormones thyroxine (T4) and triiodothyronine (T3). Hypothyroidism can often be hereditary, where it is passed down through family generations. In some cases, thyroiditis can develop after a pregnancy (postpartum thyroiditis) or a viral infection.

Diet & Nutrition Nutritional support for underactive thyroid

Following a healthy diet has been shown to be an important factor in supporting hypothyroidism and having positive clinical outcomes. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns and use personalised approach to optimise thyroid function and support symptoms.

What is Hypothyroidism?

An underactive thyroid gland (hypothyroidism) is a condition where the thyroid gland does not produce enough thyroid hormones

The thyroid gland is an endocrine gland in your neck where thyroid hormones are made. These hormones are necessary for all the cells in your body to work normally and control metabolism, where the food you take into your body is transformed into energy. Hence they affect nearly every organ in the body. Without enough thyroid hormones, many metabolic processes and body functions slow down.

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[NED Infobite – Thyroid Health](#)

[BANT Member Fact Sheet – Clinical Considerations for Thyroid Health](#)

[BANT Client Fact Sheet – What is Hypothyroidism?](#)

Other upcoming CPD events

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

- **Pharma Nord** – Nutritional Strategies for Lifting Depression with Katie Sheen. Live on-line on 11 February 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
- **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
- **YOURGUTMAP** – Parasites and GI Candida: Understanding its Impacts on Human Health and the Importance of Diagnostic Stool Testing with Valery Martino. Live on-line on 24 February 2025
- **Pharma Nord** – Nutrition for Healthy Veins with Lorraine Nicolle. Live on-line on 25 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
- **Lamberts** – Understanding Prostate Health: From Prevention to Intervention with Shoela Currey. Live on-line on 26 March 2025
- **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
- **ION** – Exploring the Ketogenic Diet: Can it Ever be Optimal? With Dawn Waldron. Live on-line on 14 May 2025
- **ION** – Mastering Menopause in Clinical Practice. Recording on demand
- **BANT Events** – Gut Health and Functional Testing: Learning Zone Recordings now available. 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
- **BANT Webinar** – Brain Bioenergetics: Can Personalised Nutrition Help Overcome Treatment Failures? With Ben Brown from Pure Encapsulations. Learning Zone Recording, Cognition and Brain 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)

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