

March - April 2025 CPD Opportunities

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BANT[®]

Science-based nutrition
practice since 1997



Tickets on sale!

NED Science Forum and BANT AGM 13 May at RSM London.

Hello there,

Don't miss out! Tickets for the [NED Science Forum](#) and the [BANT AGM](#) on 13 May are [on sale](#). The NED Science Forum is open to BANT members and others in the healthcare community, making it a great opportunity to build your network. BANT members can [secure tickets](#) at the special membership price of £45. A great investment in order to hear from industry leaders, network with your peers and event sponsors, and debate the art and science of nutritional therapy. The BANT AGM is free for all members. Don't be fooled by the title – this event pops with information! Yes, we need to cover the statutory requirements for an AGM but it is much more than that. Nutrition is jumping right now so come to both parts of the day on 13 May at the Royal Society of Medicine and share a bowl lunch and a polyphenol-rich beverage at the gala evening. We look forward to seeing you there.

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

You may have noticed that you now have access to 2 drug-herb-nutrient interaction databases through your BANT membership. BANT has recently become the first UK-based organisation to secure access to EfficSafe, a new interaction database that offers fantastic functionality for you to use in clinic. Read more about it [here](#) and see below for access to the recording of the webinar we recently hosted live with EfficSafe. Access the platform from your BANT dashboard by clicking the hotlink 'Evidence Databases' or directly from the [Science and Education landing page](#).

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.

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**
Science-based nutrition practice since 1997

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 - Come and have your say, open to all BANT members

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

Tickets are free and open to all BANT members.

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 what we've got in store for 2025. This is a key way of getting involved with your profession.

Book your Ticket Today!



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.

 

BOOK NOW ➔

NED Science Forum 2025 - The Battle of the Polyphenols and The Art and Science of Nutritional Therapy and Lifestyle Medicine

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.

BANT Members get a discounted ticket rate of £45.

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

Buy your Ticket Today!



BANT

WEBINAR

PARTNERSHIP PROGRAMME

Enriching your Continued Professional Development

LIVE

The Probiotic Puzzle: Separating Fact from Fiction for our Client's Gut Health

Live in partnership with [Nordic Pharma](#)

**Live on-line on 27th of March 2025
from 12:00 – 13:00**

Join Dr Megan Rossi as she unravels the complexities of probiotics, drawing on insights from her award-winning PhD, over 15 years of clinical practice, and international probiotic guidelines. She will clarify common myths, address client confusion in the supplement aisle, and present the latest scientific evidence on the role of live bacteria in gut health.

Register for the Live Webinar



Enzymes for Neurodiverse Children

Live in partnership with [Enzyme Science](#)

Live on-line on 4th of April 2025 from
13:00 – 14:00

Join Leyla El Moudden, Naturopath, Herbalist and Clinical Director for [Enzyme Science](#), presenting on the use of enzymes when working with neurodiverse children.

Register for the Live Webinar



Post-Infectious IBS: The Emerging Viral Connection

In partnership with [York Test](#)

This month, we were delighted to host Jan Clementson, author of The Energy Solution, presenting on behalf of [York Test](#) on post-infectious IBS and the emerging connection with viral infection. The webinar explores the common risk factors, diagnostic methods and choices for therapeutic interventions.

Recorded and available in the [Learning Zone](#), Digestion and Microbiome category

Access the Recording



Introducing EfficSafe – an Exciting New Interaction Database

BANT Professional Webinar with [EfficSafe](#)

We were delighted to host the EfficSafe team to introduce us to the new drug-herb-nutrient interaction platform. The webinar provides the background to EfficSafe development, how EfficSafe compares to other interaction databases and a live demonstration of the portal.

The webinar is an exclusive offer to BANT members and is available in the [Learning Zone](#). You will find it in the BANT Professional Support category.

[Access the Recording](#)



New NED Expert Reviews on Thyroid

- [Association of Dietary Inflammatory Index and Thyroid Function in Patients with Hashimoto's Thyroiditis: An Observational Cross-Sectional Multicenter Study](#) in Medicina (Kaunas, Lithuania). 2024. With Expert Review from Carol Granger
- [Association between serum vitamin D level and Graves' disease: a systematic review and meta-analysis](#) in Nutrition journal. 2024. With Expert Review from Chloe Steele
- [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

Plus, look out for the soon-to-be-released [NED Journal](#) focusing on Thyroid. Includes an original article from the NED team on nutrients for thyroid

health. Check your inboxes and will be loaded [here](#) when ready. We are aiming for release on 11 March.

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

Hashimotos Thyroiditis

DO SUPPLEMENTARY NUTRIENTS AFFECT THE IMMUNE SYSTEM? A SYSTEMATIC REVIEW OF THE LITERATURE

THE INFLUENCE OF NUTRITIONAL INTERVENTION IN THE TREATMENT OF HASHIMOTO'S THYROIDITIS: A SYSTEMATIC REVIEW

THE LITERATURE

THE LITERATURE

THE LITERATURE

Graves' Disease

ASSOCIATION BETWEEN SERUM VITAMIN D LEVELS AND GRAVES' DISEASE: A SYSTEMATIC REVIEW AND META-ANALYSIS

CHANGES IN BONE DENSITY AND METABOLIC RISK FACTORS FOLLOWING TREATMENT OF GRAVES' DISEASE: A SYSTEMATIC REVIEW AND META-ANALYSIS

THE LITERATURE

THE LITERATURE

What is Hashimoto's?

An autoimmune disorder that occurs when antibodies attack and cause an under-active thyroid

Common symptoms of Hashimoto's

- Fatigue**
- Dry Skin**
- Depression**
- Goiter**
- Weight Gain**
- Nails & Hair**

Possible Causes

UK Statistics

Find a Nutritionist

Find a Practitioner

NED Infobite – Hashimoto's Thyroiditis

NED Infobite – Graves' Disease

BANT Client Fact Sheet – What is Hashimoto's?

Expression of thanks to our BANT Event Sponsors

Biocare

A beautiful mind

An Exploration of Mental Health and Neurodiversity

Live Seminar with Alessandro Ferretti & Debbie Pyke

BioCare Education Series Launches: A Beautiful Mind – An Exploration of Mental Health and Neurodiversity

FREE to attend Live In-Person Seminars with Alessandro Ferretti & Debbie Pyke

In these seminars, Alessandro Ferretti will delve into the key nutritional and environmental factors that influence mental health and neurodivergence, offering practical insights into these complex, interconnected areas. Meanwhile, Debbie Pyke, a Behaviour

Change specialist, will provide you with actionable strategies and therapeutic approaches, to empower you to achieve better client outcomes.

You will receive:

- 4 hours applied CPD (BANT, ANP, NNA, NTOI)
- Free full-sized product
- A printed handout
- Additional discount on BioCare products, on top of trade discount

Visit the [BioCare Education Series Page](#) for details and booking links. Dates start from 09 April – [Cambridge](#), [Reading](#), [London](#), [Cork](#), [Galway](#), [Dublin](#), [Bristol](#), [Exeter](#), [Birmingham](#), [Edinburgh](#), [York](#), [Manchester](#), [Royal Tunbridge Wells](#), [Brighton](#)

Hylife



We started Hylife Nutrition™ as we felt something was missing from the market. We created a protein powder with no artificial sweeteners, preservatives, flavours or colours. A product free from gluten, dairy, soy, GMO and hormones, whilst still tasting great.

20% off the range for BANT Members – you can access the discount code at this link - <https://bant.org.uk/member-benefits/hylife-nutrition/>

<https://hylifenutrition.co.uk/>
<https://www.instagram.com/hylifenutrition/>

Pure Encapsulations

Symptoms of anxiety, depression and insomnia are associated with changes in central and autonomic nervous system activity as well as dysfunction of the vagus nerve. Importantly, measurement of these changes can predict the development and severity of symptoms, guide management, and track treatment responses.

This seminar explores the use of clinical assessments, including non-invasive testing and wearable devices, that reflect vagus nerve and nervous system function, to help guide nutritional and

SEMINAR SERIES

Under the Surface: Vagal Tone,
Nervous System Function &
Actionable Biomarkers in
Anxiety, Depression &
Sleep Disorders

pure
encapsulations®

lifestyle medicine-based interventions. We also review wider considerations in the nutritional management of anxiety, depression and sleep disorders.

[Register Here](#)

Dates and Locations: Cork, 29 April,
Dublin, 30 April , London, 2 May , Exeter,
6 May, Manchester, 8 May

Other upcoming CPD events

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

- **Pharma Nord** – Vaginal Health: Key Nutrients for Effective Support with Sue Camp. Live on-line on 11 March 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
- **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
- **YourGutMap** – The Effects of Food Elimination Diets on Sports Performance with Josh Netherwood. Live on-line on 19 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
- **YourGutMap** – Food Sensitivity and Microbiome Testing with Sarah Osborne and others. Live in Walsall Village Hotel on 5 April 2025
- **Clinical Education** – Functional Medicine Advanced Practice Modules (APM) Environmental Health Europe 2025 with Robert Rountree, Deanna Minich and

Richard Mayfield. Live on-line from 25-27 April 2025

- **BANT AGM 2025** – Key updates on nutrition landscape and how BANT is representing its members with BANT Council and Management. Live on 13 May 2025 at RSM in London
- **NED Science Forum 2025** – The Battle of the Polyphenols and The Art and Science of Nutritional Therapy and Lifestyle Medicine with Professor Justin Roberts, Tanya Borowski, Ben Brown and more. Live on 13 May 2025 at RSM in London
- **Mineral Check** – Hair Tissue Mineral Analysis Practitioner Training with Karen Watkins and Dr David Watts. Live and recorded from 12 March 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 with Charlotte Hunter. Recording on demand
- **BANT Events** – Gut Health and Functional Testing: Learning Zone Recordings now available. Digestion and Microbiome Category
- **ION** – Encouraging Vibrational Harmony through Food with Elizabeth Butler. Recording on demand
- **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
- **NutriHub** – All About Serotonin with Antony Haynes. Recording on demand
- **BANT Webinar** – Introducing EfficSafe: A new Interaction Database. Learning Zone Recording, BANT Professional Support Category
- **Regenerus Labs** – Introduction to OAT, Lunch and Learn. Recording on demand
- **Regenerus Labs** – A Learning Lens into SIBO Breath Testing. Recording on demand
- **Regenerus Labs** – Introduction to DUTCH Part 1. Recording on demand
- **Regenerus Labs** – DUTCH Case Study Class Part 2. Recording on demand
- **Regenerus Labs** – Introduction to Gi360. Recording on demand
Regenerus Labs – Gi360 Case Study Class. Recording on demand

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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