

April - May 2025 CPD Opportunities

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Don't miss out!
BANT AGM and NED Science Forum on
13 May 2025 at RSM London

Hello there,

TICKETS [AVAILABLE](#) AND SELLING FAST!!

The [BANT AGM](#) is a great way to positively engage with your profession and is happening soon! Come to the Royal Society of Medicine on 13 May 2025 and hear the updates on the regulatory environment and how BANT is raising awareness of nutritional therapy in our communications. This is a chance to get your questions answered live and to feel part of the community. Don't just query from the social media side lines – come and stand up for your profession in person. Get your tickets [here](#).

And then stay on for the [NED Science Forum](#)! Tickets are [on sale](#). This is a great way to build your network and engage in lively nutrition debate. BANT members can [secure tickets](#)

at the special membership price of £45. Come and engage with our premium sponsors: [York Test Laboratories](#), [Pharma Nord](#), [Pure Encapsulations](#) and [Vibrant Wellness](#); and sample goodies provided by supporter [Haskapa](#). With this event focusing on the science of polyphenols, we aim to feed your brain, body and soul. Plus, free printed copy of the polyphenol edition of the NED Journal for all attendees. (Read past copies of the NED Journal [here](#)). The BANT team will be in attendance and we look forward to seeing you there.

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

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:



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BANT
Science-based nutrition
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NED SCIENCE FORUM
TUESDAY 13TH MAY 2025



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.

Buy your Ticket Today!



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.

Qnutrition
EVIDENCE



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. Come along and support your professional body!

Book your Ticket Today!



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

Live in partnership with [SMART STRAINS®](#)

Live on-line on 28th of April 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

In partnership with [Enzyme Science](#)

This month, we were delighted to once again host Leyla El Moudden, Naturopath, Herbalist and Clinical Director for [Enzyme Science](#), presenting on the use of enzymes when working with neurodiverse children.

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](#)



ADHD, Neurodivergence and a Special Focus on Ketogenic Diets

Book your spot at the next BANT Event. With Jules Galloway, Moria Newiss and Rachel Gow as confirmed speakers, it is shaping up to be a great event. Early bird of £20 for BANT members finishes on Monday 14 April so act now!

[Book your ticket here](#)



New NED Expert Reviews on Thyroid

- [Curcumin extract improves beta cell functions in obese patients with type 2 diabetes: a randomized controlled trial](#) in Nutrition Journal. 2024. With Expert Review from Karin Elgar
- [Meta-analysis of the effect of curcumin supplementation on skeletal muscle damage status](#) in PLOS One 2024. With Expert Review from Ana-Paula Agrela
- [Effect of matcha green tea on cognitive functions and sleep quality in older adults with cognitive decline: A randomized controlled study over 12 months](#) in PLoS One. 2024. With Expert Review from Wilma Kirsten

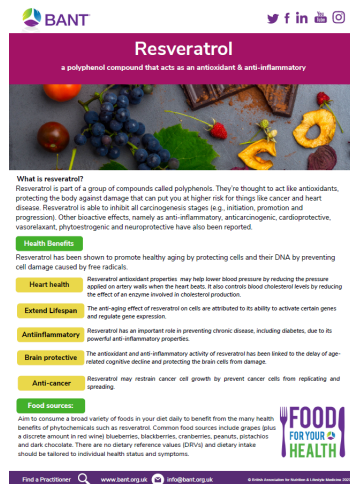
Plus, check out for the recently released [NED Journal](#) focusing on Thyroid. This edition includes an original article from the NED team on nutrients for thyroid health. A great read and reference point for all those in clinical practice.

[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



BANT **Resveratrol**
a polyphenol compound that acts as an antioxidant & anti-inflammatory

What is resveratrol?
Resveratrol is part of a group of compounds called polyphenols. They're thought to act like antioxidants, protecting the body against damage that can put you at higher risk for things like cancer and heart disease. Resveratrol is able to inhibit all carcinogenesis stages (e.g. initiation, promotion and progression). Other bioactive effects, namely anti-inflammatory, anticarcinogenic, cardioprotective, vasorelaxant, phytoestrogenic and neuroprotective have also been reported.

Health Benefits
Resveratrol has been shown to promote healthy aging by protecting cells and their DNA by preventing cell damage caused by free radicals.

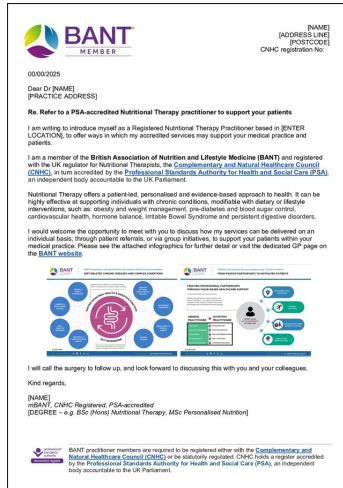
- Heart health** Resveratrol antioxidant properties may help lower blood pressure by reducing the pressure applied on artery walls when the heart beats. It also controls blood cholesterol levels by reducing the effect of an enzyme involved in cholesterol production.
- Extend Lifespan** The anti-aging effect of resveratrol on cells are attributed to its ability to activate certain genes and regulate gene expression.
- Anti-inflammatory** Resveratrol has an important role in preventing chronic disease, including diabetes, due to its powerful anti-inflammatory properties.
- Brain protective** The antioxidant and anti-inflammatory activity of resveratrol has been linked to the delay of age-related cognitive decline and protecting the brain cells from damage.
- Anti-cancer** Resveratrol may restrain cancer cell growth by prevent cancer cells from replicating and spreading.

Food sources:
Aim to consume a broad variety of foods in your diet daily to benefit from the many health benefits of phytochemicals such as resveratrol. Common food sources include grains plus a discrete amount in red wine, blueberries, blackberries, cranberries, peanuts, pistachios and dark chocolate. There are no dietary reference values (DRVs) and dietary intake should be tailored to individual health status and symptoms.

FOOD FOR YOUR HEALTH

Find a Practitioner www.bant.org.uk info@bant.org.uk © BANT International Ltd. BANT is a Charitable Incorporated Organisation (CIO)

Food and Nutrient Guide. Resveratrol



BANT MEMBER

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Dear Dr [NAME]
[PRACTICE ADDRESS]

Re: Refer to a BSA-recognised Nutritional Therapy practitioner to support your patients

I am writing to introduce myself as a Registered Nutritional Therapist based in [ENTER LOCATION], to offer ways in which my accredited services may support your medical practice and patients.

I am a member of the **British Association of Nutrition and Lifestyle Medicine (BANT)** and registered with the UK regulator for Nutritional Therapists, the **Complementary and Natural Healthcare Council (CNHC)**. I am accredited by the **Professional Standards Authority for Health and Social Care (PSA)**, an independent body accountable to the UK Parliament.

Nutritional Therapy offers a patient-led, personalised and evidence-based approach to health. It can be highly effective at supporting individuals with chronic conditions, modifiable with dietary or lifestyle interventions, such as obesity and weight management, pre-diabetes and blood sugar control, cardiovascular health, hormone balance, Irritable Bowel Syndrome and persistent digestive disorders.

I would welcome the opportunity to meet with you to discuss how my services can be delivered on an individual basis, through patient referrals, or via group initiatives, to support your patients within your medical practice. Please see the attached infographics for further detail or visit the dedicated GP page on the **BANT website**.

I will call the surgery to follow up, and look forward to discussing this with you and your colleagues.

Kind regards,
[NAME]
[BANT] CNHC Registered, PSA-accredited
[PSR/REG] – e.g. BSA (Nutri) Nutrition Therapy, MSc Personalised Nutrition

BANT practitioner members are required to be registered either with the **Complementary and Natural Healthcare Council (CNHC)** or the **statutory regulated CNHC** (a register accredited by the Professional Standards Authority for Health and Social Care (PSA)), an independent body accountable to the UK Parliament.

Introductory GP Letter Template



BANT **Mediterranean Diet**
A recognised healthy eating pattern for cardiovascular and metabolic health

What is the Mediterranean diet?
The Mediterranean diet varies by country and region, so it has a range of definitions but is based on the eating patterns of the countries surrounding the Mediterranean sea such as France, Greece, Spain and Italy. Exactly which foods belong to the Mediterranean diet is controversial, partly because there is such variation between different countries. It is however, characterised by a high intake of plant-based foods such as vegetables, fruits, nuts, cereals, whole grains, and olive oil, as well as a moderate consumption of fish and poultry, and a low intake of sweets, red meat and dairy products. It is typically associated with cardiovascular health and longevity with both Greece and Italy home to two of the world's so-called Blue Zones. Some of the health benefits of the Mediterranean diet are also attributed to lifestyle factors such as regular physical activity and cultural norms of sharing meals with other people and enjoying life. The Mediterranean Diet has been recognized by UNESCO as a cultural heritage of humanity. The health benefits associated with the Mediterranean diet have since become universal and classed as a "way of living", which paradoxically risks its recognition as a dietary protocol.

Personalised nutrition and the Mediterranean diet
A growing body of scientific evidence shows that the Mediterranean Diet has a beneficial effect on obesity, metabolic syndrome, cardiovascular disease (CVD), and type 2 diabetes mellitus (T2DM). Implementation of the Mediterranean diet approach and/or its principles can be integrated with a personalised approach based on the needs of individuals and existing guidelines such as the BANT Wellness Solution. There is no one specific Mediterranean diet protocol but rather a food-first ethos to eating healthily and including a wide variety of macro and micro nutrients based on the patterns of the collective Mediterranean region.

Optimising diet to support a Mediterranean dietary approach

1. Rich in whole plant foods: vegetables, fruits, nuts, legumes and whole grains.
2. Healthy fats and vegetable oils such as olive oil.
3. Moderate consumption of fish, seafood and poultry.
4. Low intake of red meat, dairy products, processed foods, sugars.
5. Integrated lifestyle habits such as regular exercise, communal meals.

FOOD FOR YOUR HEALTH

Find a Practitioner www.bant.org.uk [T: 01442 481 522](tel:+441442481522) © BANT International Ltd. BANT is a Charitable Incorporated Organisation (CIO)

BANT Member Mediterranean Diet Recipes

GP & Primary Care Toolkit

There has never been a better time to engage with GPs and Primary Care Networks. Hot off the heels of BANT's recent attendance at Best Practice where we spent 2 days interacting with medical professionals and hearing about their desire to bring Nutritional Therapists into Primary Care, we are launching a set of updated letter templates. We recommend all members use these when contacting their client's GPs and other Primary Care Professionals as they facilitate BANT members communicating in a consistent and professional way. Further guidance can be found on the resource page [here](#).

Expression of thanks to our BANT Event Sponsors



Biocare

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](#)



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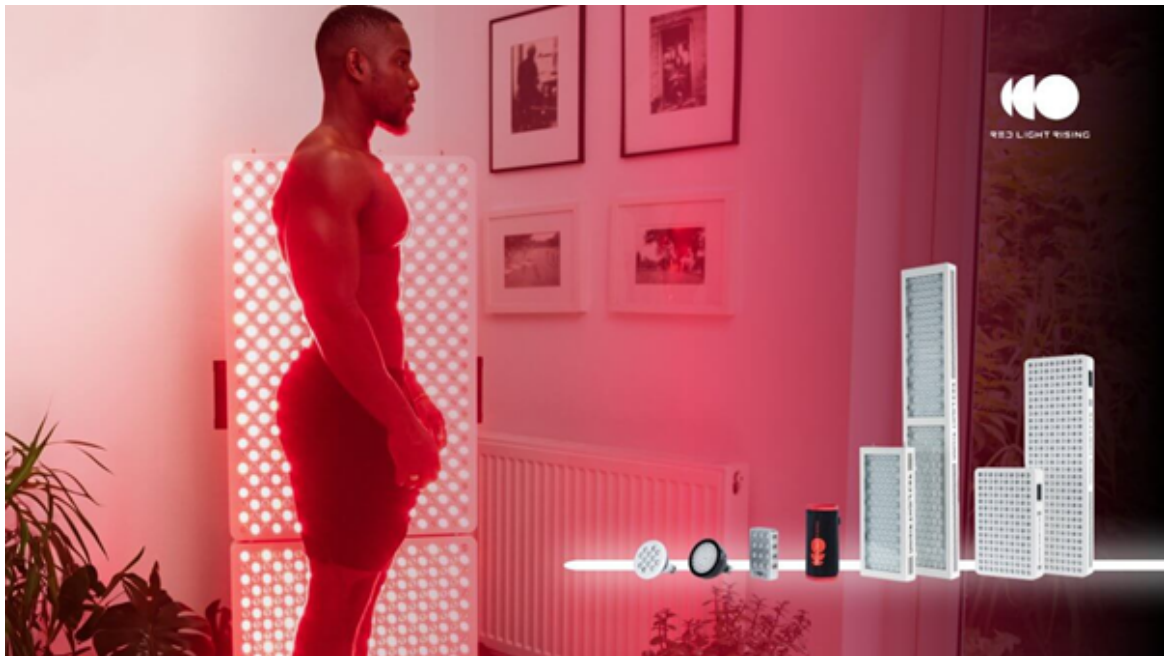
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4. Online and in-person events
5. Comprehensive protocol building system

YHB is also a proud BANT member benefit provider, offering additional exclusive offers to BANT members on a monthly basis. For details, visit the [YourHealthBasket](#) member benefit page (login required)

[Sign up as a practitioner here](#)



Red Light Rising

Red Light Rising is proud to support BANT Members.

As one of the UK's longest running red light therapy providers, we offer affordable, high-powered red light therapy solutions for clinics and home users.

We have helped tens of thousands of UK and global clients enjoy a better quality of life and finally get freedom from aches and pains, poor quality sleep, deteriorating eye health and many other stressful conditions of the modern era.

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Other upcoming CPD events

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

- **Nutrihub** – Nutrition for Active Females with Christine Bailey. Live on-line on 15 April 2025
- **YourGutMap** – The ADHD-Gut Connection: How the Microbiome Shapes Focus, Mood and Well-being with Sarah Osborne. Live on-line on 15 April 2025
- **IHCAN** - Unlocking the Power of Butyrate: A Comprehensive Look At Gut, Brain, and Cellular Health with Pooja Mahtani. Live on-line 15 April 2025
- **The Centre for Integrative Sports Nutrition** - Short Course in Integrative Sport and Exercise Nutrition with Ian Craig and Simone do Carmo. Live on-line from 22

April -20 May 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
- **SMART STRAINS** – The Probiotic Puzzle: Separating Fact from Fiction for our Client's Gut Health with Dr Megan Rossi. Live on-line on 28 April 2025
- **Activated Probiotics** – The Microbiome's Role in Mental Health with Yuwa Aghedo. Live on-line on 29 April 2025
- **Pharma Nord** – Nutrition for Painful Joints with Lorraine Nicolle, Sue Camp, Helen Lynam and Katie Sheen. Live on various dates and venues across the country
- **BioCare** – A Beautiful Mind: An Exploration of Mental Health and Neurodivergence with Alessandro Ferretti and Debbie Pyke. Live on various dates and venues across the country.
- **Pure Encapsulations** – Under the Surface: Vagal Tone, Nervous System Function and Actionable Biomarkers in Anxiety, Depression and Sleep Disorders with Benjamin Brown ND. Live on various dates and venues across the country.
- **Lamberts** – Mastering Female Hormonal Health: Science-backed Strategies for Every Life Stage with Melissa Cohen. Live on-line on 30 April 2025
- **Lamberts** – Stress and Adaptogens: Harnessing Nature's Power to Manage Stress with Shoela Currey. Live on-line 7 May 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, Dr Michelle Barrow, Clare Grundel, Ben Brown and Joseph Lillis. 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
- **Lamberts** – From Gums to Arteries: The Impact of Oral Health on Vascular Health with Shoela Currey. Live on-line on 21 May 2025
- **Activated Probiotics** – Microbiome-based Strategies to Support Longevity and Healthy Aging with Yuwa Aghedo and Karen Harrison. Live on-line 21 May 2025
- **Integrative Oncology** – Integrative and Personalised Medicine Congress 2025 with Dr Vivek Murthy, Dan Buettner and Dr Megan Rossi (amongst many others). Live over 3-days from 19-22 June 2025
- **Lamberts** - Mind Matters: How to Support Brain Health with Shoela Currey. Live on-line on 11 June 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
- **ION** – Navigating Inflammatory Bowel Disease: A Practitioner's Guide with Clemmie Oliver. Recording on demand
- **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 Efficasafe: 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
- **BANT Webinar** - Post-infectious IBS: The Emerging Viral Connection with Jan Clementson for YorkTest Laboratories. Learning Zone Recording, Digestion and Microbiome Category
- **Nutrihub** – Functional Medicine Approach to Perimenopause and Weight Management with Dr Elisabeth Philipps. Recording on demand
- **BANT Webinar** – Enzymes for Neurodiverse Children with Leyla El Moudden for Enzyme Science. Learning Zone Recording, Digestion and Microbiome 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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www.bant.org.uk

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