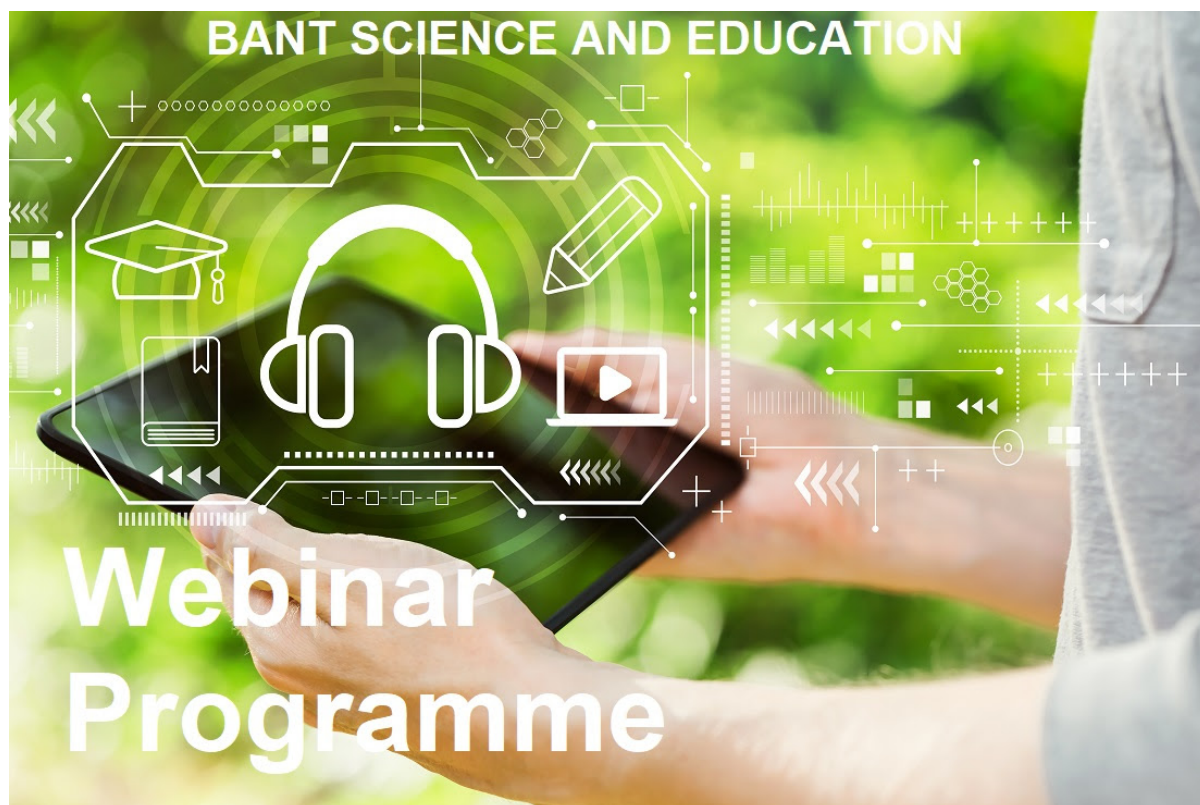




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Science-based nutrition
practice since 1997



May 2025 BANT Webinar

The Value of Food IgG Testing in Athletic Performance

Hello there,

BANT Webinar Partnership Programme in partnership with [CNSLab](#).

Catch up on the recent webinar on offer exclusively to members of BANT. We have the recording of the live event provided in partnership with [CNSLab](#) which took place this month, ready for you in the [BANT Learning Zone](#) library, *Structural and Sport Category*.

Featuring Ed Tooley, Performance Nutritionist and Nigel Abraham, Scientific and Laboratory Director for [CNSLab](#). Ed and Nigel present on the response of the gut to exercise and how food specific IgG antibodies can be used when working in this area.

This webinar explores:

- Introduction to the response of the gut to exercise
- Food specific IgG antibodies and intestinal permeability
- Food specific IgG antibodies and inflammatory processes
- IgG-mediated food intolerance in body composition and weight management
- Stress, permeability and food IgG antibodies in sport & exercise
- Food specific IgG antibody testing in elite sport
- Optimising performance through personalised nutrition
- Strategies to implement food specific IgG testing with athletes
- Case studies

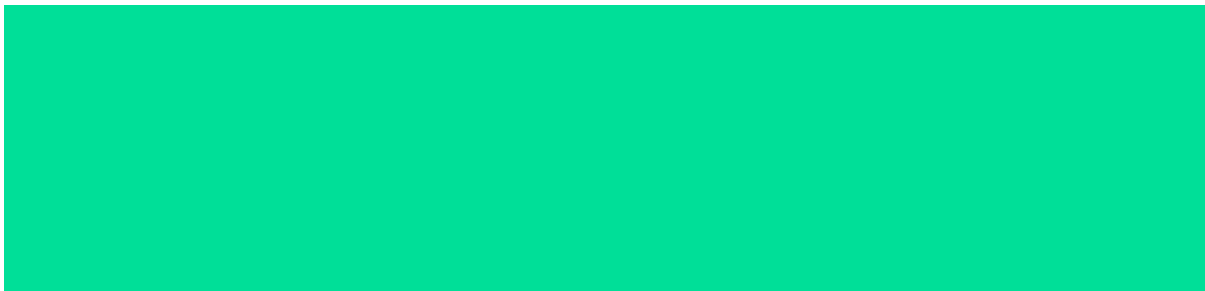
The webinar is now live and exclusive to BANT members in the [BANT Learning Zone](#) library, *Structural and Sport Category*.

This webinar is brought to you as part of the BANT Webinar Partnership Programme. All webinars are screened by the BANT CPD Committee to ensure a scientific basis for all claims made. BANT does not endorse or have affiliations with any product or service company. Funds raised by BANT as part of this programme are used to expand member benefits.

For any enquiries, please email Clare at clare.grundel@bant.org.uk.

Best wishes,
The BANT Webinar Team

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Ed Tooley is an experienced Performance Nutritionist with over 16 years working with multiple international and professional teams and athletes including two World cups with England Rugby League as well as 2 Olympic cycles with Jordan Taekwondo. Experienced in implementing high performance strategy, developing top level athletes, supporting world class coaches and coaching teams in elite winning environments.

Ed Tooley

Dr Abraham is the lead Researcher for



Dr Nigel Abraham

Specialties:

One of the most experienced and well-known Functional Medicine professionals in the UK. Lecturer in Allergy & Food Sensitivity, Salivary Hormones, Digestive Pathology.

Omega Diagnostics in Food Allergy & Sensitivity. He is a state registered developmental Biomedical Scientist, specialising in immunology and functional medicine. Trained originally in pathology at St. Georges Medical School, London and went on to study Immunology at the University of Surrey.

Qualified for FIBMS in Haematology, MSc in Immunology for disease control and PhD in Cellular allergy & allergic mediators.

A specialist in allergy and food sensitivity and has been involved in extensive post doctoral research in the field of chemical mediators of allergic disease and IgG mediated inflammatory mechanisms.

A Fellow of the Institute of Biomedical Science and a chartered scientist. A Fellow of the Royal Society of Medicine.

A lecturer at several universities as well as regularly holding seminars and presentations as part of the continuing professional development for practitioners. Has been involved in many research projects and published a number of scientific papers.



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