

May - June 2025 CPD Opportunities

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Last Chance! BANT AGM and NED Science Forum - 13 May 2025 at RSM London

Hello there,

LAST REMAINING TICKETS [AVAILABLE!](#) GRAB ONE WHILE YOU CAN!!

The [BANT AGM](#) is a great way to get involved with your profession, connect with colleagues and be part of what is happening in the dynamic world of nutrition. 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 meet the faces behind the emails and social media communications and get your questions answered live. Come and feel part of your profession. Get your tickets [here](#).

Why not make a day of it? The [NED Science Forum](#) follows the AGM at the same venue. BANT members can [secure tickets](#) at the special membership price of £45. We will be debating the art of nutritional therapy practice and Clare Grundel (the face behind this

email...) will be discussing the BANT-sponsored observational research study onboarding your clients so we can create a novel framework of client priorities when it comes to digestive health. This is pioneering work and we need you to get involved! [Get your ticket](#) for the NED Science Forum now, so that you can take up the opportunity to be part of the data generation. With thanks to our premium sponsors for making this event possible: [York Test Laboratories](#), [Pharma Nord](#), [Pure Encapsulations](#) and [Vibrant Wellness](#). With sample goodies and prizes also donated by [Nutri Advanced/Metagenics](#), [Haskapa](#), [London Nootropics](#) and [Oliphenolia](#). This event also has a segment on the science of polyphenols, which we will sample during the evening gala hour. Plus, free printed copy of the polyphenol edition of the NED Journal for all attendees. (Read this and 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.

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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

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, ground-breaking nutrition research from Clare Grundel and Ben Brown, Will Maycock and Joseph Lillis fighting the corner for different polyphenols.

Buy your Ticket Today!



BANT Science-based nutrition practice since 1997

BANT AGM 2025
TUESDAY 13TH MAY 2025

AGM

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

The ROYAL SOCIETY of MEDICINE

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!

Book your Ticket Today!



BANT

WEBINAR

PARTNERSHIP PROGRAMME

Enriching your Continued Professional Development

LIVE

The Value of Food IgG Testing in Athletic Performance

Live in partnership with [**CNSLab**](#)

Live on-line on 16th of May 2025 from 12:00 – 13:00

Join Ed Tooley, experienced Performance Nutritionist and Dr Nigel Abraham who will explore the response of the gut to exercise and how food specific IgG antibodies can be used when working in this area. They will dive into intestinal permeability, inflammation, body composition and more in sport and exercise, including elite sport. Brought to life with case studies from Ed's experience with World Cup Rugby and Olympic athletes.

Register for the Live Webinar



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

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

**Live on-line on 13th of June 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

Please note: Following concerns raised by members about Nordic Pharma collaborating with Dr Megan Rossi, the BANT CPD team has taken extra measures to assess the webinar content and ensure it meets our usual high standards. We would also like to reassure members that discussions have taken place regarding Dr Rossi's past comments about nutritional therapy, and she has removed social media posts that present nutritional therapy in a poor light. Dr Rossi will be a keynote speaker at this years IPM Congress, and is supportive of an integrative approach. Through her collaboration with Nordic Pharma she has seen first hand the work of Nutritional Therapy Practitioners and is seeking to work collaboratively.



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.

[Book your ticket here](#)



New NED Expert Reviews

- [Benefits of Quercetin on Glycated Hemoglobin, Blood Pressure, PiKo-6 Readings, Night-Time Sleep, Anxiety, and Quality of Life in Patients with Type 2 Diabetes Mellitus: A Randomized Controlled Trial](#) in Journal of Clinical Medicine. 2024. With Expert Review from Ana-Paula Agrela
- [The efficacy of resveratrol supplementation on inflammation and oxidative stress in type-2 diabetes mellitus patients: randomized double-blind placebo meta-analysis](#) in Frontiers in Endocrinology. 2024. With Expert Review from Karin Elgar
- [Polyphenol Intervention Ameliorates Non-Alcoholic Fatty Liver Disease: An Updated Comprehensive Systematic Review](#) in Nutrients. 2024. With Expert Review from Gail Brady

Plus, check out for the recently released [NED Journal](#) focusing on Polyphenols. This edition includes an original article from guest editor Joseph Lillis, PhD candidate at Anglia Ruskin University under supervision from

Professor Justin Roberts on the power of
Oliphenolia in exercise.

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 'Berry Polyphenols'](#)



[NED Journal 'Polyphenols'](#)



[NED Infobite 'Cocoa'](#)

Expression of thanks to our BANT Event Sponsors



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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](#):

- **Pharma Nord** – Vitamin K2 and Healthy Ageing with Lorraine Nicolle. Live on-line on 13 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
- **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
- **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

- **IHCAN** – Exploring the Gut-Bladder Axis: Microbial Insights and Strategies for Managing Recurrent UTI's with Diana Kokolonis. Live on-line on 13 May 2025
- **Cytoplan** – Gut-skin Axis with Helen Drake. Live on-line on 13 May 2025
- **Mineral Check** – Hair Tissue Mineral Analysis Practitioner Training with Karen Watkins and Dr David Watts. Live and recorded from 12 March – 14 May 2025
- **ION** – Exploring the Ketogenic Diet: Can it Ever be Optimal? With Dawn Waldron. Live on-line on 14 May 2025
- **CNSLab** – The Value of IgG Testing in Athletic Performance with Ed Tooley and Dr Nigel Abrahams. Live on-line on 16 May 2025
- **The Nutrition Collective** - The Ultimate Metabolic Conference with multiple speakers. Live in London and on-line on 17 May 2025
- **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.
- **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
- **Lamberts** – From Gums to Arteries: The Impact of Oral Health on Vascular Health with Shoela Currey. Live on-line on 21 May 2025
- **YourGutMap** – The Significance of the Oral Microbiome in Client Health Outcomes with Elizabeth Cooper and Thomas Cookson. Live on-line on 20 and 21 May 2025
- **Activated Probiotics** – Microbiome-based Strategies to Support Longevity and Healthy Ageing with Yuwa Aghedo and Karen Harrison. Live on-line on 21 May 2025
- **Regenerus Laboratories** – The Gut-Hormone Masterclass with Benjamin Brown, Michael Ash and Julia Malkowski. Live in London on 6 June 2025
- **Lamberts** - Mind Matters: How to Support Brain Health with Shoela Currey. Live on-line on 11 June 2025
- **SMART STRAINS** – The Probiotic Puzzle: Separating Fact from Fiction for our Client's Gut Health with Dr Megan Rossi. Live on-line on 13 June 2025
- **Cytoplan** – Stress Fracture with Chris Newbold. Live on various dates and venues across the country
- **BioCare** – The Female Story. Live in Albania on 11 June 2025
- **ION** – Metabolic Syndrome: How Multiple Conditions Collide – 2 Day Course with Natalie Louise Burrows. Live on-line on 11 and 18 June 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** – Navigating Nutrient Depletion Part 2 with Shoela Currey. Live on-line on 25 June 2025
- **Pure Encapsulations** – Rebalancing the Immune-Hormonal-Metabolic Axis in Menopause: A Case Study in Precision Health with Dr Denise Furness. Live in Dublin on 26 June 2025

- **Lamberts** – Secrets of the World’s Longest-Living People with Sally Beare. Live on-line on 1 July 2025
- **ION** – Skin Health and Nutrition: A Comprehensive Approach for Practitioners with Christine Bailey. Live on-line on 9 July 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
- **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
- **Regenerus Labs** – Introduction to Menopausal HRT with Precision Analytical. 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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