

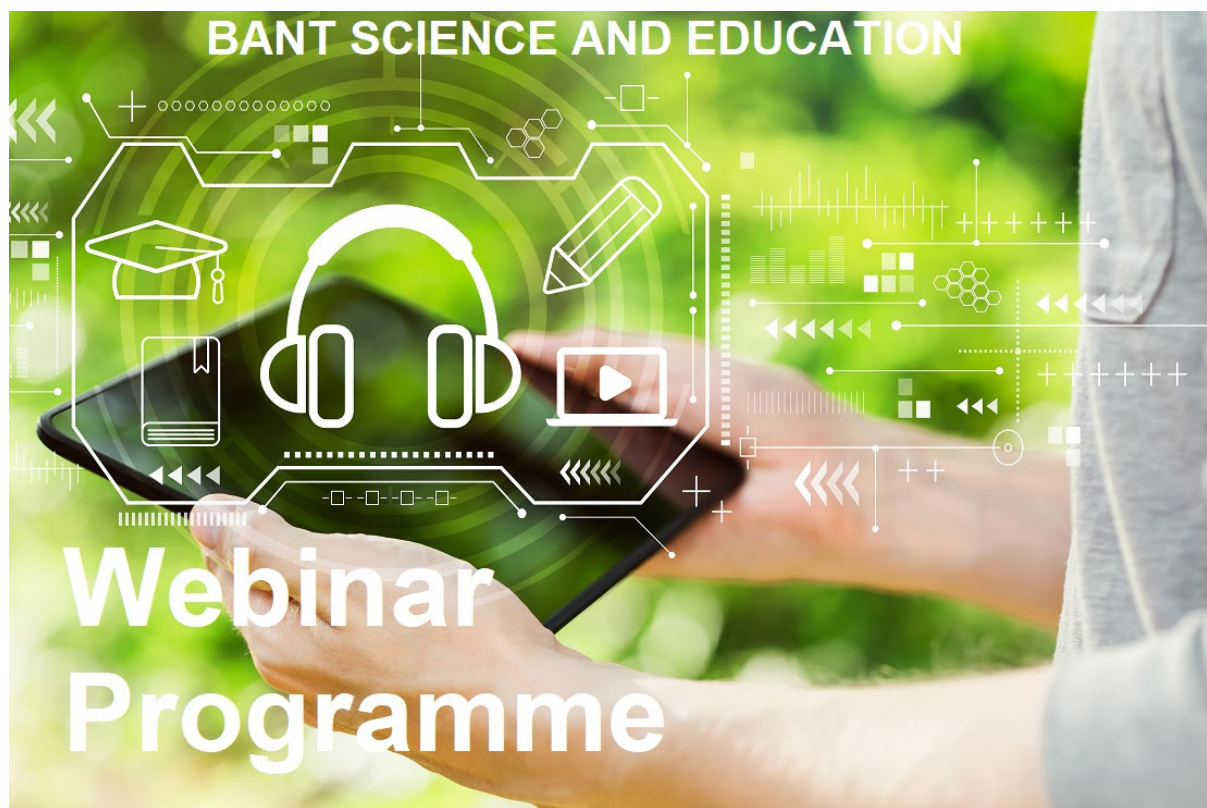
June 2025 BANT Webinar

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Science-based nutrition
practice since 1997



June 2025 BANT Webinar

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

Hello there,

BANT Webinar Partnership Programme in partnership with **[SMART STRAINS®](#)**.

Catch up on the most recent webinar on offer exclusively to members of BANT. We have

the recording of the recent live event which took place this month, ready for you in the [BANT Learning Zone](#) library, *Digestion and Microbiome Category*.

Featuring Dr Megan Rossi who unravels the complexities of probiotics, drawing on insights from her award-winning PhD, over 15 years of clinical practice, and international probiotic guidelines. She clarifies common myths, addresses client confusion in the supplement aisle, and presents the latest scientific evidence on the role of live bacteria in gut health.

This webinar covers:

- The science and key issues behind probiotics
- Using probiotics in clinical practice and where the evidence is strongest
- Probiotic myth-busting

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

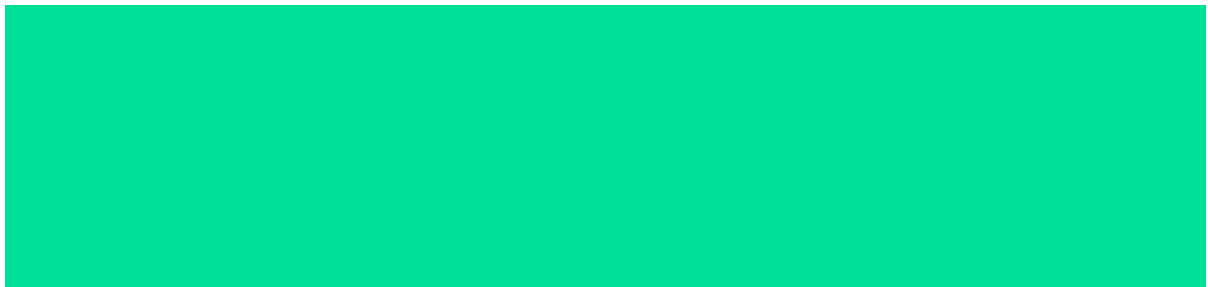
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Following concerns raised by members about Nordic Pharma collaborating with Dr Megan Rossi, the BANT CPD team has taken extra measures to assess the webinar content and ensure it meets our usual high standards. We would also like to reassure members 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 year's 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.

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

Best wishes,
The BANT Webinar Team

This email is sponsored by:





Megan Rossi, The Gut Health Doctor®

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Dr Megan Rossi, founder of The Gut Health Doctor®, is one of the most influential gut health specialists internationally, and a leading Research Fellow at King's College London. A clinician for fifteen years, Dr Megan has an award-winning PhD in Probiotics, which was recognised for its contribution to science, receiving the Dean's Award for outstanding research.

Dr Megan Rossi established the Gut Health Clinic in 2019, where she leads a team of gut-specialists, working directly with clients in their face-to-face clinics in London and Manchester, alongside delivering virtual consultations to an international clientele.

She is also the founder of the multi-award-winning gut health food brand, Bio&Me, which aims to bridge the gap between science and the food industry and most recently, launched a targeted range of clinically-proven live bacteria supplements, SMART STRAINS® to revolutionise how people understand and use live bacterial supplements.

Megan is also the author of multiple Sunday Times bestselling books, including her most recent, Eat More, Live Well (UK, Aus & Europe) and How To Eat More Plants (US & Canada).



British Association for Nutrition and Lifestyle Medicine (BANT)

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