

June - July 2025 CPD Opportunities



BANT[®]

Science-based nutrition
practice since 1997



Will we see you at IPM? We hope so!

Hello there,

We were delighted to see many of you at the BANT AGM and NED Science Forum last month at the Royal Society of Medicine. The atmosphere in the room was fizzing, with a great series of presentations and as members caught up with old friends and made new ones. We are being told that this is now the nutrition event of the year and BANT is committed to making it an annual occasion. If you were with us this year, it was great to see you. If you were not able to join us, watch out for announcements for next year. With thanks to our premium sponsors for making the event possible: [York Test Laboratories](#), [Pharma Nord](#), [Pure Encapsulations](#) and [Vibrant Wellness](#). With sample goodies and prizes also donated by [Nutri Advanced](#), [Haskapa](#), and [Oliphenolia](#).

The [next BANT Event](#) is coming up on 28 June on Neurodivergence and a Special Focus on the Ketogenic Diet. A 100% virtual occasion so accessible by all BANT members, wherever you are in the country. Featuring top speakers Dr Rachel Gow, Jules Galloway and Moira

Newiss, it promises to be enriching and enlightening. Tickets are [available](#). Grab yours [here](#) now.

The [BANT AGM recording](#) is now available for all members to watch [here](#). It is recommended viewing, as a great way to get involved with your profession and be part of what is happening in the dynamic world of nutrition. You will hear updates on the regulatory environment and how BANT is raising awareness of nutritional therapy in our communications.

BANT will be in attendance at IPM from 19 – 21 June. Please come along and say hello to the team. **You'll find us on stand F27.** Our Science and Education Manager Clare Grundel will be presenting on Friday 20 June at 12:15pm. Come along to find out how you can get involved with BANT's first ever [impact data research study](#).

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

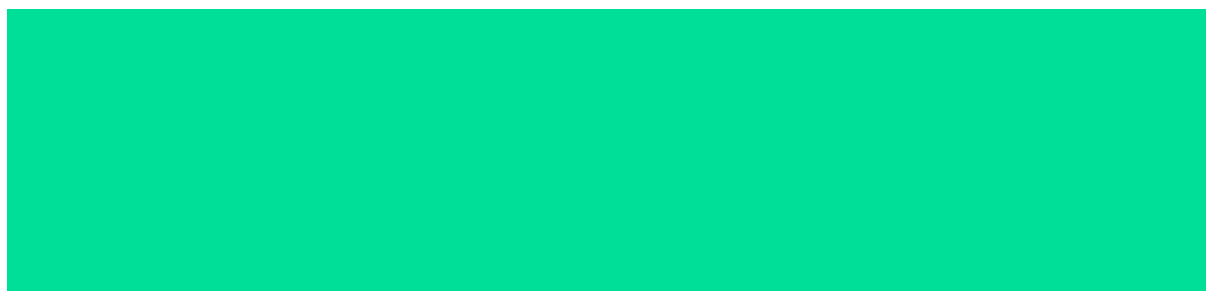
BANT has got a full programme of events and webinars planned for you. Check out the starting list below. Our training providers are also busy. Read on for the full run down.

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:



**BANT**
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NED SCIENCE FORUM
BONUS LIVE SESSION



26 JUNE 2025
5:45PM - 6:45PM

Join Dana Filatova, Clinical Lab Educator for a run through of Vibrant Wellness 'Zoomer' lab tests

 **VibrantWellness**

[Webinar Link](#) 

A run through of Vibrant Wellness 'Zoomer' Lab Tests

NED Science Forum Bonus Live with Vibrant Wellness on 26 June 2025 from 5:45pm - 6:45pm

Join Dana Filatova, Clinical Lab Educator for a run through of Vibrant Wellness 'Zoomer' lab tests. Click the button below to join the webinar, no need to register.

[Join here](#)



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](#)



Personalised Prebiotics: Optimising Gut Microbiome Health with Prebiotics

Live in partnership with [Invivo Healthcare](#)

Live on-line on 2nd of July 2025 from 12:00 – 13:00

Join Hannah Braye, Clinical Director of Invivo Healthcare and BANT Registered Nutritionist as she explores the latest evidence and practical strategies for using personalised prebiotics to optimise gut health. Learn how to utilise prebiotic interventions to enhance clinical outcomes and deliver truly personalised nutrition advice.

[Register for the Live Webinar](#)



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 - Recommended viewing for all BANT members

Recording of the live event at the Royal Society of Medicine in London on 13 May 2025.

The BANT AGM provides key updates on the nutrition landscape and how BANT is engaging in the debate and representing its members. It is a great way to get involved with the profession and be part of what is happening in the dynamic world of nutrition. All BANT members are encouraged to listen to the recording, as it provides an update on the regulatory environment and important information on how BANT is raising awareness of nutritional therapy in communications.

[Access the Recording](#)



BANT

WEBINAR
PARTNERSHIP PROGRAMME

Enriching your Continued Professional Development

The Value of Food IgG Testing in Athletic Performance

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

This month, we were delighted to host Ed Tooley, experienced Performance Nutritionist and Dr Nigel Abraham, lead Researcher for Omega Diagnostics in Food Allergy & Sensitivity, on the response of the gut to exercise and how food specific IgG antibodies can be used when working in this area. They discussed intestinal permeability, inflammation, body composition and more in sport and exercise, including elite sport. All brought to life with case studies from Ed's experience with World Cup Rugby and Olympic athletes.

Recorded and available in the [Learning Zone](#), *Structural and Sports category*

[Access the Webinar](#)



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

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

If you missed Dr Megan Rossi's recent webinar, it is now available on demand in BANT's Learning Zone. Dr Rossi unravelled the complexities of probiotics, drawing on insights from her award-winning PhD, over 15 years of clinical practice, and international probiotic guidelines. She clarified common myths, addressed client confusion in the supplement aisle, and presented some of the latest scientific evidence on the role of live bacteria in gut health.

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

[Access the Webinar](#)



New NED Expert Reviews

- [Effects of plant active substances in rheumatoid arthritis-a systematic review and network meta-analysis](#). in Frontiers in Pharmacology. 2025. With Expert Review from Daniel Quinones
- [The effects of pomegranate consumption on obesity indices in adults: A systematic review and meta-analysis](#). in Food Science & Nutrition. 2024. With Expert Review from Karin Elgar
- [Effect of Polyphenol Supplementation on Memory Functioning in Overweight and Obese Adults: A Systematic Review and Meta-Analysis](#). in

Nutrients. 2024. With Expert Review from Nicky Ester

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 of Professor Justin Roberts on the power of Oliphenolia in exercise.

Access the Expert Reviews

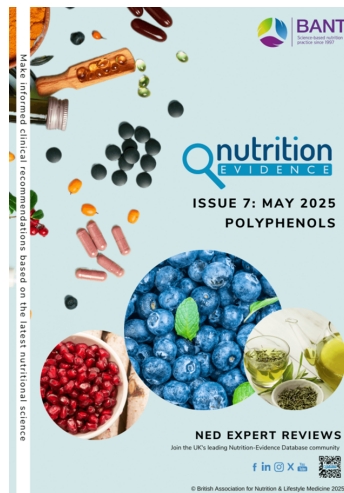
Keep scrolling for more CPD, BANT recognised and quality assured.

For the complete list of current events, [click here](#).

BANT Resources



[NED Infobite 'Turmeric-Boswellia'](#)



[NED Journal 'Polyphenols'](#)



[NED Infobite 'Resveratrol'](#)

Other upcoming CPD events

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

- **Dr Vegan** – Hydration is Sports Recovery with Ella Kaur and Ian Craig. Live on line on 16 June 2025 or on demand thereafter
- **Cytoplan** – Stress Fracture with Chris Newbold. Live on various dates and venues across the country

- **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
- **YourGutMap** - The Gut-Thyroid Axis with Thomas Cookson. 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
- **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
- **ION** – Skin Health and Nutrition: A Comprehensive Approach for Practitioners with Christine Bailey. Live on-line on 9 July 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
- **WELLCONNECT** – Start & Scale a Nutrition Business for More Freedom, Impact and Income with Claire Hitchen and Jo Cunningham. Live on-line on 11 September 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 18 September 2025
- **NMI** – NMI Summit 2025 The Path to Resilience: Personalised Nutrition and Lifestyle Medicine for Psychiatric Disorders and Mental Health with Dr James Greenblatt, Professor Julia Rucklidge, Dr Thomas Williams and others. Live in London on 3-4 October 2025
- **ION** – Mastering Menopause in Clinical Practice with Charlotte Hunter. Recording on demand
- **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
- **ION** – Introduction to Fertility Nutrition with Sandra Greenbank. 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
- **CNSLab** – The Value of IgG Testing in Athletic Performance with Ed Tooley, Dr Nigel Abrahams and Sam Dunkley. Learning Zone Recording, Structural and Sport Category
- **SMART STRAINS®** – The Probiotic Puzzle: Separating Fact from Fiction for our Client's Gut Health with Dr Megan Rossi. Learning Zone Recording, Digestion and Microbiome Category
- **BANT AGM 2025** – Key updates on nutrition landscape and how BANT is representing its members with BANT Council and Management. Available on demand from the BANT member website

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.



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