



Summer chillin' with a glass of CPD?

Hello there,

What a busy month! It was great to speak to many BANT members on the BANT stand at IPM and to share the buzz of this amazing event. There were many BANT members on the podium at IPM at different points over the 3 days, spreading the word about nutritional therapy and the impact we have on symptoms and health. If you haven't put yourself forward before, start thinking now and be ready to make a pitch for IPM 2026. The more members we can have speaking about the power of nutritional therapy at these and other high profile events, the better.

Event summer season continued with the BANT Event on 28 June titled ADHD, ASD, Neurodivergence and a Special Focus in Ketogenic Diets. Feedback has been fantastic. We are in the final stages of setting up systems for ticket purchase of the recordings. Watch this space for announcements for when we get that over the line. Coming soon!

Things do start to tail off now for a few months over the summer months. Time for a much needed break to rest and recharge. There is still plenty on offer from BANT and our training providers if the quieter months give you space for some learning. Check out the listing below.

In case you missed the [BANT AGM](#), the 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.

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

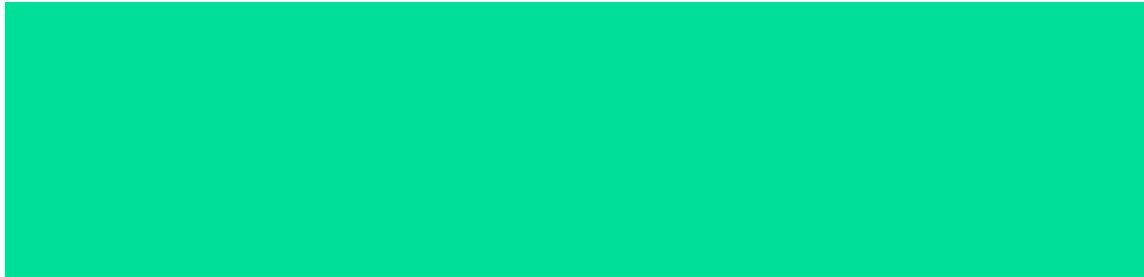
BANT has got a full programme of events and webinars planned for you. Check out the starting list below. Our training providers are also busy. Read on for the full run down.

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-sponsored IBS Research Study – Get Involved!

Do you want proof of the impact of your practice on your client's health? Listen to BANT's Science and Education Manager Clare Grundel, as she talks through the research study that is live and recruiting and learn how to get involved. With published research on our practice, we can demonstrate our value to healthcare and preventative health.

[Watch the recording here](#)



Liver Health for Nutrition and Lifestyle Medicine Practitioners

8th of November 2025 from 9:15am – 5:00pm

Time to grab your tickets for the next BANT Event! With Dr Jenny Goodman, Kiran Krishnan and Debbie Grayson as confirmed speakers.

[Book your ticket here](#)



Personalised Prebiotics: Optimising Gut Microbiome Health with Prebiotics

BANT Partnership Webinar Programme – in partnership with [Invivo Healthcare](#)

This month, we were delighted to host Hannah Braye, Clinical Director of Invivo Healthcare and BANT Registered Nutritionist as she explored the latest evidence and practical strategies for using personalised prebiotics to optimise gut health. You will learn how to utilise prebiotic interventions to enhance clinical outcomes and deliver truly personalised nutrition advice.

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

[Access the Webinar](#)



BANT Science-based nutrition practice since 1997

BANT AGM 2025
TUESDAY 13TH MAY 2025

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.

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.

[Access the Recording](#)



New NED Expert Reviews

- [A multidomain intervention against cognitive decline in an at-risk-population in Germany: Results from the cluster-randomized AgeWell.de trial](#). in Alzheimer's & Dementia: the Journal of the Alzheimer's Association. 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
- [Effects of a Ketogenic Diet on Body Composition in Healthy, Young, Normal-Weight Women: A Randomized Controlled Feeding Trial](#). in Nutrients. 2024. With Expert Review from Chloe Steele

Plus, check out [NED Journal](#), now with 7 issues. Issue 8 coming in the autumn!

[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 Autism and Nutrition](#)



[NED Journal Polyphenols](#)



[NED Infobite ADHD and Nutrition](#)

Expression of thanks to our BANT Event Sponsors



INUVI

Fuelling Healthier Futures

Inuvi

Inuvi are now a BANT Member Benefit provider, offering 20% discount for BANT Members who sign up by 31 August 2025.

To access the discount, just follow the simple instructions on the [Inuvi member benefit page](#).

Inuvi is the perfect partner for all your laboratory testing and phlebotomy requirements. Whether it is understanding your customers' cholesterol, vitamin and hormone levels, assessing their blood health, thyroid, liver or kidney function, or detecting signs of inflammation or infection Inuvi offers a blood test or profile to help. In addition, with its

national mobile phlebotomy service, you can provide these essential services to customers anywhere in the UK.

Other upcoming CPD events

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

- **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
- **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
- **ION** – Cancer: Nutritional Support Before, During and After Treatment and Beyond with Dr Carol Granger. Live on line on 16-18 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 Guillems and others. Live in London on 3-4 October 2025
- **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
- **ION** – Exploring the Ketogenic Diet: Can it Ever be Optimal? With Dawn Waldron. 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
- **BANT Webinar** – The Value of IgG Testing in Athletic Performance with Ed Tooley, Dr Nigel Abrahams and Sam Dunkley for CNSLab. Learning Zone Recording, Structural and Sport Category
- **Dr Vegan** – Hydration is Sports Recovery with Ella Kaur and Ian Craig. Recording on demand
- **BANT Webinar** – The Probiotic Puzzle: Separating Fact from Fiction for our Client's Gut Health with Dr Megan Rossi for SMART STRAINS. Learning Zone Recording, Digestion and Microbiome Category
- **Regenerus Labs** – Perimenopause Management with Dr Jaclyn Smeaton and Pippa Cambell. Recording on demand
- **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
- **Nutrition Evidence Database** – NED Science Forum 2025 Part 1 The Power of Polyphenols with Professor Justin Roberts, Ben Brown and Joseph Lillis. Learning

Zone Recording, BANT Professional Support

- **Nutrition Evidence Database** – NED Science Forum 2025 Part 2 The Art and Science of Nutritional Therapy with Tanya Borowski, Dr Michelle Barrow and Clare Grundel. Learning Zone Recording, BANT Professional Support
- **BANT Webinar** – Personalised Prebiotics: Optimising Gut Microbiome Health with Prebiotics with Hannah Braye for Invivo Healthcare. Learning Zone Recording, Digestive and Microbiome
- **BANT Event** – Healthspan and Ageing Optimally with Rose Anne Kenny, Lorraine Nicolle and Emma Beswick. Learning Zone Recordings, Nutrigenomics/Genetics 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.



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