

August - September 2025 CPD Opportunities

[No images? Click to view email online](#)



Holiday time! CPD Short and Sweet

Hello there,

We are taking some holiday time here at BANT and hope that you are all enjoying the summer sun with friends and family too. Whilst we are keeping this email short, there is plenty to anticipate on our return in September. Please check out the listings below and get yourself registered for whatever tickles your whiskers.

For now, get yourself rested and refreshed for what looks to be a busy autumn season. Happy holidays everyone.

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

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.



Enzymes for Gallbladder Health

BANT Partnership Webinar Programme – in partnership with [Enzyme Science](#).

Live on-line on 4 September 2025 at 1pm

Join Leyla El Moudden, BA, Dip Nat, Dip Herb, as she explores all things related to gallbladder health and the enzymes that can be used to support clients with gallbladder problems.

[Register for the Live Webinar](#)



Gut Detective: Unlocking Deeper Clinical Insights with Biomarkers and Food Sensitivity Testing

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

Live on-line on 16 September 2025 at 12pm

Join Anna Pugh BSc Hons, BSc Nutritional Science, MBANT, CNHC and Dr Nigel Abraham, PhD, FIBMS, FRSM as they explore how integrating the advanced diagnostics of gut biomarkers with food sensitivity testing can reveal underlying imbalances, from inflammation and permeability issues to digestive dysfunction and immune responses.

[Register for the Live Webinar](#)



BANT Professional Support Webinars: Essential viewing for all BANT members in clinical practice

Working with Eating Disorders and Disordered Eating in Nutritional Therapy Practice. 2 part series with Nicola Shubrook and Emma Hendricks. *Learning Zone Recording, BANT Professional Support*

Introduction to Mental Health. 3 part series with Portia Hodges. *Learning Zone Recording, BANT Professional Support*

[Access the Recordings](#)



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](#)

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

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

Expression of thanks to our BANT Event Sponsors

UPCOMING SEMINAR SERIES

CHRONIC PAIN SYNDROMES: ADVANCES IN NUTRITIONAL ASSESSMENT MECHANISM-BASED MANAGEMENT AND EVIDENCE-BASED ANALGESICS

... with Benjamin I. Brown, ND

Cork, Radisson Blu Hotel, 16 September

Dublin, Talbot Hotel Stillorgan, 17 September

Exeter, Hotel Du Vin, 23 September

Manchester, Malmaison, 25 September

London, Millennium Gloucester, 26 September

All attendees will receive:

- ✓ 2-hours of CPD approved education
- ✓ Lecture notes
- ✓ Supplementary research papers
- ✓ Dinner and drinks
- ✓ Free sample products

Book your spot at the seminar series
at pure-encapsulations-pro.co.uk/seminar-series-2025

pure
encapsulations

Pure Encapsulations

Chronic pain is one of the most widespread health problems, with up to 43% of people in the UK reporting that they experience chronic pain, of which 10–14% report moderate to severely disabling chronic pain.

This seminar series offers an update on the clinical management of chronic pain from a personalised functional perspective.

Topics include nutritional assessment of drivers of chronic pain, nutritional neuropathies, mechanism-based management including immunological, mitochondrial, redox and genetic biomarkers as well as evidence-based nutritional analgesics, including clinical use and safety.

Register here: [Seminar Series 2025 | Pure Encapsulations](#)



Gwen Warren

Done-For-You Lead Magnet Bundle (for Nutrition & Lifestyle Practitioners)

If lead magnets feel like a Canva nightmare, or yours is still half-finished and sitting in Google Drive... this is for you.

I've bundled up the exact lead magnet that brought my Nutrition business **500 new leads onto my email list in just 48 hours** and **£1,500 in course sales from one Facebook post**, and made it fully customisable for your business.

Inside:

- My proven, market-researched, Done-For-You lead magnet for you to use as your own
- A professionally designed Lead Magnet template plus meal plan and shopping list
- A one-page Lead Magnet Comparison Chart to use as your own
- BONUS: A Canva Instruction Guide so easy even technophobes can follow it

Normally £199. Yours for just **£27 until Monday 18th August**

👉 Use code **LM27** at checkout

<https://gwenwarren.thrivecart.com/lead-magnet-bundle/>

These are market-proven (not generic) done-for-you templates and content that help you grow your list, build trust, and start selling faster.

Join 2,300+ Nutrition Practitioners and Professionals:

<https://www.facebook.com/groups/growyourNTbusinessonline/>

Other upcoming CPD events

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

- **YourGutMap** - Beyond the One Size Fits All Diet - a Nutrigenomics Approach for Practitioners with Kate Scott and Thomas Cookson. Live on-line on 20 August 2025
- **Enzyme Science** - Enzymes for Gallbladder Health with Leyla El Moudden. Live on-line as part of the BANT Webinar Partner Programme on 4 September 2025
- **YourGutMap** - Food Sensitivity and Microbiome Testing with Sarah Osborne. Live in Edinburgh on 6 September 2025
- **PharmaNord** – Nutrition for Healthy Body Barriers with Lorraine Nicolle, Helen Lynam, Sue Camp. Live on various dates and venues across the country
- **Lamberts** – Nutrition to Support Learning: Unlocking Full Potential with Dr Emma Derbyshire. Live on-line on 10 September 2025
- **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
- **Pure Encapsulations** – Chronic Pain Syndromes: Advances in Nutritional Assessment, Mechanism-Based Management and Evidence-Based Analgesics with Benjamin Brown ND. 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** - Pre-Summit Event with Benjamin I. Brown, ND, Dr. Jonathan Prousky. Live in London on 2 October 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. [BANT members get 30% off.](#)
- **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** – 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
- **BANT Webinar** – Working with Eating Disorders and Disordered Eating in Nutritional Therapy Practice. Part 1 of 2 with Nicola Shubrook. Learning Zone Recording, BANT Professional Support
- **BANT Webinar** – Working with Eating Disorders and Disordered Eating in Nutritional Therapy Practice. Part 2 of 2 with Emma Hendricks. Learning Zone Recording, BANT Professional Support

- **Dr Vegan** – ADHD and Nutrition: What can we do? With Ella Kaur and Dana Chapman. Recording on demand
- **BANT Webinar** – Introduction to Mental Health Parts 1, 2 and 3 with Portia Hodges. Learning Zone Recording, BANT Professional Support

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)

BANT, 27 Old Gloucester Road London, WC1N 3XX

www.bant.org.uk

Registered in England Number: 3333951

Registered address: 18 Hyde Gardens, Eastbourne, East Sussex, BN21 4PT

The information in this email, and any attachments, is confidential and may be legally privileged. It is intended solely for the addressee. Access to this email, and any attachments, by anyone else is unauthorized. If you are not the intended recipient, any disclosure, copying, distribution, or any action taken or omitted to be taken in reliance on it, is prohibited and may be unlawful. If you have received this email in error, please notify us immediately (by telephone or by return email) and destroy the message and all copies in your possession. Please note that **unsubscribing** from this list might mean that you might miss important messages for members. Contact us if you wish to change your preferences.

[Unsubscribe](#)

© 2025 | All rights reserved.