

September - October 2025 CPD Opportunities

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It is September. Back to it!

Hello there,

We've had our breaks over the summer and are gearing up for the busy autumn season. The CPD Committee, who volunteer their time to ensure you are getting quality education, have been hard at it this past month. Check the list below for what is coming up.

As well as our recognised training providers, BANT has also made some major announcements recently. The all new [Nutrition Evidence Database](#) was revealed on Monday this week to some fanfare. If you haven't done so yet, please [open an account](#) to ensure you are getting access to all the new NED functionality. Trust us, this you want to do – as an [account holder](#), you can tag articles as favourites, set up search alerts for your area of interest, review your search history and have unlimited AskAI searches. And remember, all time spent on NED research can be logged as CPD.

We have an upcoming series of BANT webinars focusing on running your nutrition business, the final BANT event of the year in November on liver and a plethora of webinars with our

webinar partners. All details below.

Get busy. Get registered. Go!

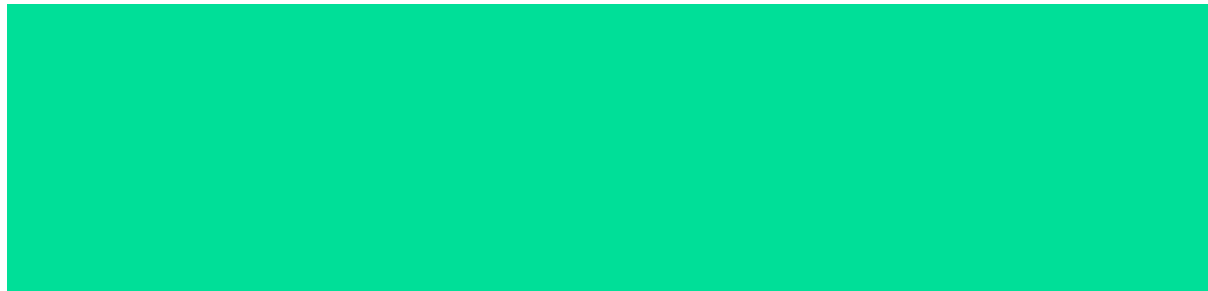
For the full line up of BANT Events, [click here](#).

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.

This email is sponsored by:



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

NED 2.0 – how to maximise the new functionality for clinical practice

Live on-line on 25 September 2025 at 12pm – **note new date and time!**

Join members of the NED Board for a full run down of the all-new Nutrition Evidence Database, which launched on 8 September. It is faster, smarter, and a more interactive experience to support evidence-based clinical practice of personalised nutrition and lifestyle medicine.

[Register for the Live Webinar](#)



Glutathione and Nutrigenetics: Personalising Antioxidant and Detoxification Support

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

Live on-line on 14 October 2025 at 1pm

Join Agnieszka Lemieszewska, MBANT, Lifecode Gx Practitioner Service Manager, who will introduce the foundational concepts of nutritional genetics, with a specific focus on glutathione. Agnieszka will explore how single nucleotide polymorphisms (SNPs) in genes related to synthesis, utilisation, and recycling of glutathione can impact antioxidant defences and detoxification capacity.

[Register for the Live Webinar](#)



BANT Professional Support Webinars

Using MYMOP to assess the impact of Nutritional Therapy on your Client Symptoms

Live on-line on 17 October 2025 at 10am

Join Helen Seers from Meaningful Measures and Clare Grundel, Principal Investigator of BANT's IBS research study, as they discuss the power of self-reported impact assessments and using the MYMOP tool in your practice.

[Register for the Live Webinar](#)



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](#)



Enzymes for Gallbladder Health

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

Live on-line on 14 October 2025 at 1pm

Listen to the recording of this popular webinar with Leyla El Moudden, BA, Dip Nat, Dip Herb. Leyla explores all things related to gallbladder health and the enzymes that can be used to support clients with gallbladder problems.

BANT Learning Zone recording. Digestion and microbiome category

[Access the Recording](#)



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.

BANT Learning Zone Recording, BANT Professional Support

[Access the Recordings](#)



BANT Business Webinars - Part 1 in a 5 Part Series

Business Toolkit Launch Series - Systems, Skills & Support

Nicki Williams & Lauren Lovell will share the 9 key foundations they implemented in their nutrition practice and how they put them in practice to build a super successful and highly efficient clinic, allowing them more freedom, profit and impact.

*BANT Learning Zone Recording,
Business Development*

[Access the Recording](#)



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](#)

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

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

Other upcoming CPD events

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

- **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

- **PharmaNord** – Nutrition for Healthy Body Barriers with Lorraine Nicolle, Helen Lynam, Sue Camp. 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
- **YorkTest Laboratories** – The Gut-Skin Connection: How Food Intolerances Impact your Skin Health with Jan Clementson. Live on-line on 17 September 2025
- **ION** – Cancer: Nutritional Support Before, During and After Treatment and Beyond with Dr Carol Granger. Live on line on 16-18 September 2025
- **The Nutrition Collective** – The Ultimate Gut-Brain Conference with globally recognised experts. Live in Dublin and on-line on 20 September 2025
Pure Encapsulations – Rebalancing the Immune-Hormonal-Metabolic Axis in Menopause: A Case Study in Precision Health (Part 2) with Dr Denise Furness. Live on-line on 24 September 2025
- **Lamberts** – Nutrition Strategies for the Physically Active with Shoela Currey. Live on-line on 24 September 2025
- **Wellconnect** – Start & Scale a Nutrition Business for More Freedom, Impact and Income with Claire Hitchen and Jo Cunningham. Live on-line 24 September 2025.
PLEASE NOTE – CHANGE OF DATE!
- **Cytoplan** – Stress Fracture with Chris Newbold. 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 18 September 2025
- **YourGutMap** – ADHD, Mind and Mood: How Genetics Shape Focus, Sleep and Emotional Balance with Sarah Osborne. Live on-line on 25 September 2025
- **Lamberts** – Bridging the Gap for Better Health: Medications and Nutrient Depletions with Debbie Grayson. Live on-line on 30 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 Williams and others. Live in London on 3-4 October 2025
- **Lamberts** – Rethinking Thyroid Health: A Deeper Dive into Endocrine Function with Victoria “VJ” Hamilton. Live on-line on 8 October 2025
- **Lifecode Gx** – Glutathione and Nutrigenetics: Personalising Antioxidant and Detoxification Support with Agnieszka Lemieszewska. Live on-line on 14 October 2025
- **ION** – CFS/ME and Fibromyalgia: Theory and Practice with Virginia Blake. Live on-line on 15 October 2025
- **Lamberts** – Rethinking Blood Sugar: The Cortisol Connection with Shoela Currey. Live on-line on 22 October 2025

- **ION** – Exploring the Ketogenic Diet: Can it Ever be Optimal? With Dawn Waldron. Recording on demand
- **ION** – Metabolic Syndrome: How Multiple Conditions Collide with Natalie Louise Burrows. 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 Shubbrook. 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
- **BANT Webinar** – Enzymes and the Gallbladder with Leyla El Moudden from Enzyme Science. Learning Zone Recording, Digestion and Microbiome

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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