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Science-based nutrition practice since 1997

NEWS BULLETIN

Your monthly round-up



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Promoting Members Services



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Pushing the Political agenda & raising the profile of NTs in Parliament

Continued diffusion of [BANT Manifesto](#) via PoliticsHome PR Channel direct to Westminster.

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Promoting NT services to GPs / Primary Care & wider HCP channels

BANT attendance at [Industry Events](#) inc. Medical Longevity Summit (Sept 2025), Goodwood Summit (Sept 2025), NMI (Oct 2025) and Best Practice Birmingham (Oct 2025).

Updates to [GP & Primary Care Toolkit](#) (Oct 2025) - Updates to BANT Food & Nutrient Resources within FFYH Toolbox relevant to working with GP clients or in group settings.

Sharing your services to the General Public

Release of New Clinical Guides for use in 1-2-1 Clinical Practice and Group Settings

- [Keto Diet](#)
- [Keto Macronutrient Targets](#)
- [Dietary Fat Guidelines](#)
- [Dietary Carbohydrate Guidelines](#)
- [Dietary Protein Guidelines](#)
- [Dietary Fibre Guidelines](#)

Furthering members' professional development and expertise

Sign up for [NED 2.0](#) (September 2025). Cool functionality only open to account holders - unlimited AskAI questions, tag and save favourite articles, email articles and lists to colleagues, set up search alerts for your areas of interest. And more! [Sign up today!](#)

For quick updates on the latest from the Nutrition Evidence Database, read [NED Infobites](#) and for a longer read there is the latest [NED Journal](#)

Upcoming BANT Events including 2026 Dates for your Diary

- [Liver Health and Detoxification](#) - Virtual, Saturday 8 November, plus Bonus Lives on Tuesday 11 November
- 7 March - Oxford AND Virtual - Effective Solutions for Healthy Weight Loss
- 27 June - Virtual - Nutrition & Integrative Strategies in Cardiovascular Medicine
- 7 November - Virtual - Nutrition & Lifestyle Medicine Mastery: Diet, Behaviours & Client Compliance

BANT Professional Support Webinars (Located in the [BANT Learning Zone](#))

- NED 2.0 Launch webinar
- Using MYMOP to assess the impact of Nutritional Therapy on your Clients with Dr Helen Seers and Clare Grundel
- Introduction to Mental Health with Portia Hodges, 3-part series
- Working with Eating Disorders and Disordered Eating in Nutritional Practice with Emma Hendricks and Nicola Shubrook, 2-part series

BANT Partnership Programme Webinars (Located in the [BANT Learning Zone](#))

- Glutathione and Nutrigenetics — Personalising Antioxidant and Detoxification Support with Agnieszka Lemieszewska MBANT in partnership with Lifecode GX. [Learning Zone > Nutrigenomics/Genetics Category]

BANT Events - Recording now available (Located in the [BANT Learning Zone](#))

- BANT Thyroid Health Event 2025

Keeping you safe in Professional Practice

See below the recent significant updates to the Handbook if you missed them in September:

- [Eating Disorder & Disordered Eating Guidelines](#)
- [Mental Health Guidelines](#)
- [GLP-1 Weight Loss Medication Guidelines](#)

Building and Strengthening the BANT Community

Launching Soon: After many years of inactivity, we will soon have a **BANT Network for Scotland**. Alison Cullen, Laura Leslie, Joyce Wilcox & Kate Swaine will join forces to offer opportunities, virtual and in person, to connect & build a community.

BANT Network Essex - needs a new volunteer co-leader. The fantastic Anastasia den Blanken is stepping down, ready to offer a warm handover to a successor. This is time sensitive, so to keep the network alive. please consider if you could help out and write to benjamin.richardson@bant.org.uk.

Students Resources

Student Tea Sessions

Next Tea Session: Wednesday October 29th 12 - 1pm

Sharon Ling giving an overview of the Eating Disorder & Disordered Eating updated guidelines

<https://us06web.zoom.us/j/81405800639?pwd=FBqyXp4QDN8t0vovJgAr3MvUWXOUDw.1>

November Tea session : date TBC

Ellen Calteau giving an update on her Food addiction research

Bookmark the BANT [Student Network](#) page for updates on Student Tea Sessions and to access recordings of previous sessions

Study and Research Resources

- View the [Efficasafe Introduction Webinar](#) to learn how to get the most out of this powerful Herb-Drug-Supplement Platform which can be accessed via your BANT Dashboard in the Learning Zone
- Sign up for BANT's own Nutrition Evidence Database known as [NED 2](#)
- [Nutrition Evidence Database articles](#)

Your shortcuts to popular BANT Resources

[Professional Practice Handbook](#)

[Nutrition Evidence Database](#)

[NED Journal](#)

[NED Infobites](#)

[Efficasafe Interactions Database](#)

[BANT Wellbeing Guidelines](#)

[GP & Primary Care Toolkit](#)

[BANT Infographics](#)

[Food for your Health Resources](#)



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