

October - November 2025 CPD Opportunities

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Science-based nutrition
practice since 1997



It's conference bonkers season!

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30 seconds now – hours in the bag.

The start to the autumn is typically busy for nutrition education and this year is no exception. BANT has been out representing the membership at numerous events and exhibitions and enjoyed speaking to BANT members. We've shared our latest infographics, encouraged sign up to a new NED account and created new connections. Please always come and say hello – we love to get to know you so we can represent you well.

The series of BANT webinars focusing on running your nutrition business runs throughout November, we are looking forward to the final BANT event of the year in November on liver health and the BANT webinar programme continues. All details below.
Grab tickets, get registered. See you there!

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:



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](#)



Unlocking Deeper Clinical Insights with Biomarkers and Food Sensitivity Testing

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

Listen to the recording of this webinar with 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.

[BANT Learning Zone](#) recording > *Digestion and Microbiome* category

[Access the Recording](#)



BANT Professional Support Webinars

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

Listen to the recording of this webinar with Clare Grundel and Dr Jessica Rigutto 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. Make sure you [sign up for an account!](#)

[BANT Learning Zone](#) recording > *BANT Professional Support*

[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

Business Toolkit Webinar 1200 to 1300, Wednesday 05 November Gwen Warren Mini Courses that Sell <i>BANT Business Toolkit Launch Series</i> Create a low cost offer that people pay for and grow your mailing list at the same time. Webinar will cover: • 6 simple rules for selling mini courses • Mini courses that are selling right now with examples • What mini courses don't sell and why • What's working in 2023 and why • Mistakes you can avoid and how • How to market it profitably • The number one fastest way to build trust Webinar Registration (Required) 	Business Toolkit Webinar 1200 to 1300, Wednesday 12 November Debbie Grayson Getting PR for your Business <i>BANT Business Toolkit Launch Series</i> Within the past year, Debbie has secured features in most main UK papers, the New York Times, MSN & Yahoo News, and more. Debbie will share: • How to create a professional looking media kit? • What are the benefits of PR for your business? • The difference between proactive and reactive PR • How to find reactive PR opportunities and pitch yourself? • How to find journalists to pitch to • How to maximise PR value Webinar Registration (Required) 
Business Toolkit Webinar 1200 to 1300, Wednesday 19 November Damian Etherington Business Planning Vision to Reality <i>BANT Business Toolkit Launch Series</i> Are you spending so much time working in your business that you never get to work on it? Join to learn: • How to turn your vision into practice that guides daily decisions • The key elements of a business plan that actually work • Why planning saves time, money and reduces stress • Simple ways to track progress and celebrate milestones You'll leave with a clear understanding of what makes a business plan valuable, plus practical tips to start building, or improving Webinar Registration (Required) 	Business Toolkit Webinar 1200 to 1300, Wednesday 26 November Ann Garry and Ami Gilder Creating Opportunities Wherever you Go <i>BANT Business Toolkit Launch Series</i> If you've ever felt stuck, unsure, or that success is happening for others but not you, this session will change the way you think • Utilise the actual real science behind what people call the 'law of attraction' and become a natural magnet for new clients • Focus your mindset and energy in the right direction, in the right way and ditch the overwhelm • Create exciting business opportunities whenever you want them, wherever you go • Building your practice whilst enjoying a good work-life balance Webinar Registration (Required) 

BANT Business Webinars - Parts 2 to 5

Setting up your business? Wanting to expand? Simply looking for business support and ideas. This new series is for you.

- Part 2. **Mini Courses that Sell with Gwen Warren. Wednesday 5 November at 12:00.** Register [here](#).
- Part 3. **Getting PR for your Business with Confidence with Debbie Grayson. Wednesday 12 November at 12:00.** Register [here](#).
- Part 4. **Business Planning: From Vision to Reality with Damian Etherington. Wednesday 19 November at 12:00.** Register [here](#).
- Part 5. **Creating Opportunities wherever you go with Ann Garry and Ami Gilder. Wednesday 26 November at 12:00.** Register [here](#).

All the above will be recorded and made available to you to watch at your leisure in the [BANT Learning Zone](#) recording > *Business Development*

Part 1. **Systems, Skills & Support with Nicki Williams and Lauren Lovell** is already there in the [BANT Learning Zone](#) recording > *Business Development*

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** - Metabolic Resilience: Navigating Weight & Energy Challenges in a Changing Clinical Landscape with Debbie Grayson, Tanya Borowski and Dr Abbi Lulsegg. Live in London on 11 October 2025
- **Lifecode Gx®** – Glutathione and Nutrigenetics: Personalising Antioxidant and Detoxification Support with Agnieszka Lemieszewska. Live on-line on 14 October 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
- **PharmaNord** – Nutrition for Healthy Body Barriers with Lorraine Nicolle, Helen Lynam, Sue Camp. Live on various dates and venues across the country
- **IHCAN** – Clinical Supplement Protocols for Women's Metabolic Health with Lorna Driver Davies. 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
- **BANT Professional Support Webinar** – Using MYMOP to Assess Impact of Nutritional Therapy on your Clients with Dr Helen Seers and Clare Grundel. Live on-line on 17 October 2025
- **Lamberts** – Rethinking Blood Sugar: The Cortisol Connection with Shoela Currey. Live on-line on 22 October 2025
- **Cytoplan** – Stress Fracture with Chris Newbold. Live on various dates and venues across the country
- **YourGutMap** – Weight Loss Injections and the Gut Microbiome with Thomas Cookson and Debbie Grayson. Live on-line on 23 October 2025
- **Nutri-Link** – Female Hormone Masterclass: Targeted Clinical Strategies with Diagnostic Tools with Dr Elisabeth Philipps, Antony Haynes and Christine Bailey. Live in London on 24 October 2025

- **IHCAN** – Menopause and the Vaginal Microbiome: How Hormonal Shifts Affect Vaginal Health with Dr Sally Moorcroft. Live on-line on 28 October 2025
- **BANT Business Toolkit Launch Series** – Mini Courses that Sell with Gwen Warren. Live on-line on 5 November 2025
- **Lamberts** – Targeted Probiotics: Strain-specific Insights for Gut Health and Beyond with Dr Miguel Toribio-Mateas. Live on-line on 5 November 2025
- **YourGutMap** – Practitioner Event – Food Sensitivity and Microbiome Testing with Sarah Osborne. Live in Cambridge on 8 November 2025
- **Functional Medicine Conference Ireland** – Vitality: A Functional Medicine Approach to Hormonal Health and Longevity with Dr Pizzorno, Dr Furness and others. Live in Dublin on 8-9 November 2025
- **BANT Business Toolkit Launch Series** – Getting PR for your Business with Confidence with Debbie Grayson. Live on-line on 12 November 2025
- **ION** – Mastering Bone Health: An Integrative Framework for Osteoporosis Prevention and Management with Maria Rigopoulou. Live on-line on 12 November 2025
- **BANT Business Toolkit Launch Series** – Business Planning: From Vision to Reality with Damian Etherington. Live on-line on 19 November 2025
- **Lamberts** – The Hidden Heroes: Five Key Nutrients with Shoela Currey. Live on-line on 18 November 2025
- **BANT Business Toolkit Launch Series** – Creating Opportunities Wherever you Go with Ann Garry and Ami Gilder. Live on-line on 26 November 2025
- **Centre for Integrative Sports Nutrition** – Short Course in Integrative Sport and Exercise Nutrition with Ian Craig and Simone do Carmo. Live on-line from 6 January 2026
- **FunctionalIDX** - Academy of Blood Chemistry: Mastering interpretation and Analysis Course with Dr Jane Barnes, Francesca Mastrojanni and Yulia Glotzer. Available on demand
- **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
- **ION** – Skin Health and Nutrition: A Comprehensive Approach for Practitioners with Christine Bailey. 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
- **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 Event** – Exercise and Sport Nutrition with Stacy Sims, Ian Craig and Kirsty Baxter. Learning Zone Recordings, Structural and Sports Category
- **BANT Professional Support 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 Professional Support 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 Professional Support 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
- **The College of Contemporary Health (CCH)** – GLP -1RAs in Focus: Why Drugs like Ozempic Work with Professor Mike Bewick and Nigel Hinchliffe. Available on demand
- **BANT Business Toolkit Launch Series** – Systems, Skills and Support with Nicki Williams and Lauren Lovell. Learning Zone Recording Business Development Category
- **BANT Webinar** – Gut Detective: Unlocking Deeper Clinical Insights with Biomarkers and Food Sensitivity Testing. Learning Zone Recording Digestion and Microbiome Category
- **Nutrition Evidence Database NED** – NED 2.0 Launch: What's New and How to Maximise the Functionality with Clare Grundel and Dr Jessica Rigutto. Learning Zone Recording BANT Professional Support 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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