

December 2025 - Free and Live BANT Webinar with
Ben Brown from Pure Encapsulations

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**Biological Age Gets Personal: Actionable Biomarkers,
Personalised Interventions, and Optimising Biological Age**

**Free and Live BANT Webinar with with Ben Brown from Pure
Encapsulations**

Hello there,

We are delighted to announce the final webinar of 2025 in the BANT Webinar Partnership Programme. This month, we have education provided by Ben Brown, ND, Director of the Nutritional Medicine Institute, presenting on behalf of Pure Encapsulations. Increasing interest and access to assessments of biological age is driving demand for pragmatic, personalised, evidence-based clinical interventions that optimise health. At the same time, personalised nutrition and lifestyle medicine-based approaches can improve measures of biological age, clinical outcomes, and reduce disease risk. This session explores how actionable biomarkers can guide personalised interventions that can improve biological

ageing. We will review current methodologies for measuring biological age - including epigenetic clocks, inflammatory markers, and metabolic profiling - and examine the modifiable biological and lifestyle factors that influence aging trajectories.

Join Ben from [Pure Encapsulations](#) on **Monday 8th of December 2025 from 12:00 - 13:00**. The webinar is free and exclusive to BANT members.

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Please note: we have to manually approve webinar registrations. Please be patient – you will receive a link to join the webinar in plenty of time before the live event. We are unable to guarantee approval of registrations if made within one hour of the start time. When registering, **please always include your BANT membership number** which is available from your BANT dashboard. This speeds up the approval process. **In future, any registration without a BANT number will be considered invalid.**

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For any enquiries, please email Clare at clare.grundel@bant.org.uk.

Best wishes,
The BANT Webinar Team

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Benjamin I. Brown, ND

Ben is founder and director of the Nutritional Medicine Institute, an educational, advocacy and research group committed to advancing the science and practice of nutritional medicine. An internationally acclaimed lecturer, Ben is host of Positive Health Podcast, a guest lecturer on Nutritional Therapy, and regularly speaks at major educational institutions and international conferences for health professionals.

Ben is a consultant for Pure Encapsulations. He is editor of the Nutritional Medicine Journal, contributing editor of Integrative Healthcare and Applied Nutrition Magazine, author of The Digestive Health Solution, has contributed textbook chapters, and had research published in journals including Gastrointestinal Disorders, Alternative Therapies Health and Medicine, Nutrients, and Nutrition Reviews.

Ben was awarded Outstanding Contribution to the Profession at the Integrative Healthcare and Applied Nutrition Summit, London 2018. And is an Honorary Fellow of the British Association for Nutrition and Lifestyle Medicine.

Social media and websites

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Personal website: <https://www.scientificwellness.com/>
The Nutritional Medicine Institute: <https://www.nmi.health/>
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