



# BANT®

Science-based nutrition  
practice since 1997

## NEWS BULLETIN

### Your monthly round-up



Visit BANT in Action



## Protecting the Profession in the Regulatory Environment

Looking forward as always, BANT teams are working on 5 year strategy and prioritising actions for 2026. This includes regulatory strategies and upward feedback to CNHC in regard to NT representation as practitioners in a PSA-Accredited Register.

## Pushing the Political Agenda & Raising the Profile of NTs in Parliament

[BANT representation at The King's Fund Annual conference 05 Nov in London](#), at which industry leaders including Sir James Mackey, Chief Executive of NHS England and Henry Dimbleby met to discuss the NHS Ten Year Health Plan.

Sponsored by:



Nutritional Medicine  
Institute

**Membership for Professional  
Development, Training  
and Certification.**

## Nutrition Evidence Database

- 634 NED account users. Can we make it 1,000 by Christmas? Sign up [here](#).
- Publication of NED Journal Issue 8 - Ketogenic Diets, view [here](#).
- Launch of New NED Articles Page on BANT website, view [here](#).
- Publication of new NED Article on Neurodivergence, view [here](#).
- New NED Alert focusing on the science of liver and nutrition - view [here](#).
- 17 new plain language summaries on NED, focusing on liver health [here](#).
- 9 new expert reviews on NED, focusing on liver health and nutrition [here](#).

## BANT Webinar Partnership Programme - located in the [BANT Learning Zone](#).

- "H. pylori or acid reflux? Deep dive into the research and apply some common sense" Presented by Dilkiran Kular from Made By Daily. Digestion and Microbiome category, [BANT Learning Zone](#).
- Upcoming! Register now. "Biological age gets personal: actionable biomarkers, personalised interventions, and optimizing biological age" Presented by Ben Brown of Pure Encapsulations. Register [here](#).

## Log your CPD for 2025!!

Make sure that you meet your CPD requirements for 2025 and aim to log them before the end of the year or - at the very latest in plenty of time to ensure that you are able to renew your BANT membership in January 2026. View the updated CPD Log Guide [here](#).

To help meet your target, access recordings of all previous BANT Events and Webinars in the [BANT Learning Zone](#).

## Keeping you Safe in Professional Practice

Read the recent significant updates to the Handbook:

- [Up to date guidance on CBD](#)
- [Can I use testimonials on my website that refer to specific conditions?](#)
- [Eating Disorder & Disordered Eating Guidelines](#)
- [Mental Health Guidelines](#)
- [GLP-1 Weight Loss Medication Guidelines](#)

## Building and Strengthening the BANT Community

### Meet in Person: Save the Dates!

- **Saturday 7th March 2026** - BANT Event on Effective Solutions for Healthy Weight Loss will be held both in Oxford and online. If you relish the chance to mix with other BANT members and meet exhibitors in person, please plan to join us there.
- **Tuesday 12th May 2026** - BANT AGM and NED Science Forum at RSM London. Learn more about BANT's work and boost your understanding of the latest nutrition science. This will also be a social occasion where you can mingle with your contemporaries, speakers, exhibitors and meet BANT staff in person.

Online BANT events will also take place on:

- Saturday 27th June - Nutrition & Integrative Strategies in Cardiovascular Medicine

- Saturday 7th November - Nutrition & Lifestyle Medicine Mastery: Diet, Behaviours & Client Compliance

## Students' Corner

Recordings of previous **student tea sessions** can be viewed on the BANT YouTube channel - access via the BANT [Student Network](#) page > Student Tea Sessions

### Study and Research Resources

- Review of [Rayyan](#), an AI-driven tool for screening research papers.
- 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 the Databases link on your BANT Dashboard.
- Sign up for BANT's own Nutrition Evidence Database known as [NED](#).
- [Nutition 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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