

July - August 2026 CPD Opportunities

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A Summer Cocktail of Learning

Hello there,

A lot of us at BANT central are taking a break, recharging ahead of what is always a busy 'return to school' period in September. Our training providers remain busy however and this message includes lots of fantastic CPD for you to see you through the sunny days ahead.

Have you got your tickets for the next and final event in the 2026 BANT calendar? The BANT Events Team is moving onto **Men's Health** on 31 October. Full day event in person in London and on-line. Grab your tickets [here](#).

Last month, we hosted TC Callis talking about advertising and what we can and cannot say to stay within the rules. It was informative and lively and is **recommended viewing for all BANT members**. Find it in the BANT Learning Zone, BANT Professional Support category.

And remember, these are NOT BANT rules; this is BANT helping you stay on the right side of the law.

The BANT Partner Webinar Programme is taking a short break over the summer. The autumn programme looks great so watch out for announcements.

Keep scrolling for details and the full range of CPD from our recognised training providers below. Browse further on the [Events and Conferences page](#).

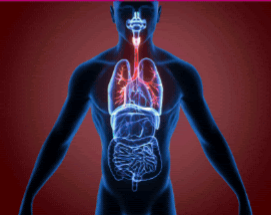
If you have any questions or feedback, please send a message to BANT's Science and Education Manager, Clare Grundel at clare.grundel@bant.org.uk.

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 **BANT** | EVENTS

MEN'S HEALTH





SAT 31 OCTOBER 2026
LONDON & ONLINE


Dr Anand Patel


Matt Lovell


James Davis


Alex Manos

 LAMBERTS
THE NUTRITIONAL SUPPLEMENT EXPERTS

 Glucose
Evolution

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 Your
Health
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THE

 **BANT**

WEBINAR PROGRAMME

Enriching your Continued Professional Development



BANT Professional Webinar - How Advertising Rules Apply to Nutritional Therapists

Advertising and marketing might feel easy, but it is a complex area that is regulated by multiple different government related agencies. This webinar will cover several pieces of legislation that are relevant to NT marketing and advertising, who the ASA and CAP are and why the CAP and BCAP Codes apply to NT marketing and advertising, how general marketing rules apply to everyone, including NTs, the kind of things you can and cannot say, and the nightmare of social media and why testimonials are risky. It will answer many of the regular questions posed by BANT members and is **recommended viewing for all members**.

[BANT Learning Zone](#), BANT
Professional Support Category

[Access the Webinar](#)



MEN'S HEALTH



Dr Anand Patel



Matt Lovell



James Davis



Alex Manos

SATURDAY 31 OCTOBER
LONDON AND VIRTUAL



BANT Event - Men's Health

31 October 2026 9:15am - 5:30pm in-person and virtual event

Featuring Dr Anand Patel, Matt Lovell, James Davis and Alex Manos this full day event will cover the latest diet, lifestyle and novel science-based insights and tools for practitioners to use to support Men's Health. Topics Include male health risk areas such as cardiovascular, prostate and mental health and will discuss issues of andropause, sex hormones and where diet, supplementation and lifestyle interventions have a role to play.

Buy your Ticket Today



WEBINAR

PARTNERSHIP PROGRAMME

Enriching your Continued Professional Development



Swollen Ankles and Varicose Veins

BANT Partnership Webinar Programme – live in partnership with [Pharma Nord](#)

Conditions like oedema in the feet and ankles, easy bruising, spider veins, varicose veins and haemorrhoids are increasingly common, with estimates of up to 19% prevalence in the UK adult population. This webinar presented by Lorraine Nicol will cover how nutrition can support the health of veins and capillaries, to help prevent and manage such debilitating symptoms; and lifestyle, diet and targeted nutraceutical interventions that may make a real difference to sufferers' quality of life.

[BANT Learning Zone](#), Cardiovascular Category

Access the Webinar



Use of Seaweed in Nutritional Therapy

BANT Partnership Webinar Programme – live in partnership with [Seagreens](#)

Seaweed produced to the right standard provides a nutritional package which combines essential micronutrients, immune-activating polysaccharides, prebiotic fibre and antioxidant polyphenols that work together to support human health. In nutritional therapy, seaweed can be effective in a range of applications from thyroid health, menopause and child development. Dr Jane Jamieson will cover the rationale for using seaweed in nutritional therapy, the importance of quality and when and how it could be used with your clients.

[BANT Learning Zone](#), *General Nutrition and Lifestyle Category*

[Access the Webinar](#)

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

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



New NED Reviews

[Impact of a 12-week personalized dietary intervention on vascular function and cardiovascular risk factors](#) in Diabetes, Obesity & Metabolism 2025. With Expert Review from Georgie Murphy

[Effect of Daily Avocado Intake on Cardiovascular Health Assessed by Life's Essential 8: An Ancillary Study of HAT, a Randomized Controlled Trial](#) in the Journal of the American Heart Association 2025. With Expert Review from Wilma Kirsten

[The effects of extra virgin olive oil or butter on cardiovascular biomarkers in European and Chinese males in the UK: A pilot randomised crossover trial](#) in Nutrition and Health 2025. With Expert

Access all Expert Reviews

New BANT Resources



NED Infobite - Cardiovascular Health and Exercise



NED Infobite - Cardiovascular Health and Diet



NED Journal - Preventative Health, Genetics and Wearable Devices

Other upcoming CPD events

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

Pure Encapsulations - Metabolic Syndrome: Pathways, Subtypes and Precision Nutrition Part 1 with Benjamin Brown. Live on-line on 22 July 2026

Dr Vegan - Fatty Liver Disease: A Metabolic and Naturopathic Perspective with Ella Kaur and Mark Killick. Live on-line on 22 July 2026

GutMapDx - The Skin as a Metabolic Organ with Thomas Cookson and Shweta Patel. Live on-line on 23 July 2026

GutMapDx - Gut Microbiome, Candida, Parasites and Food Sensitivities with Thomas Cookson, Sam Dunkley and Josh Netherwood. Live in Wales on 15 August 2026

Pure Encapsulations - Metabolic Syndrome: Pathways, Subtypes and Precision Nutrition Part 2 with Benjamin Brown. Live on-line on 26 August 2026

The Eating Clinic - Nutritional Therapy for Eating Disorders: Advanced Practitioner Programme with Emma Hendricks. Certified by NTEC. Live on-line

Dr Nina Fuller-Shavel - Systems Approach to Cancer Programme for Nutrition Professionals with Dr Nina Fuller-Shavel. Certified by NTEC. Live on-line from 1 July to 31 December 2026

National Centre for Eating Disorders - The Master Practitioner Programme: Eating Disorders and Obesity. Certified by NTEC.

ION – Cancer: Nutritional Support before, during and after treatment and beyond with Dr Carol Granger. Certified by NTEC. Recording on demand

GutMapDx - Gut Microbiome, Candida, Parasites and Food Sensitivities with Thomas Cookson, Sam Dunkley and Josh Netherwood. Live in Cardiff on 15 August 2026

ION - Understanding Restless Leg Syndrome with Belinda Blake. Recording on demand

ION - Introduction to Eating Disorders and Disordered Eating with Emma Hendricks. Recording on demand

BANT Partner Webinar - Mastering Menopause Assessment with the DUTCH Dozen with Dr Carrie Jones. Learning Zone Recording Hormone and Neurotransmitter Category

BANT Professional Webinar - Working in Disordered Eating: What NTs Need to Know in 2026 with Emma Hendricks. Learning Zone Recording General Nutrition and Lifestyle Category

ION - Decoding Food Sensitivities: A Step-by-Step Approach for Practitioners with Charlotte Hunter. Recording on demand

Regenerus Laboratories - Foundations of Saliva-based Functional Metabolic Testing with Dr Christopher Wall. Available on demand

BANT Partner Webinar - Insurance Essentials for Nutritionists and Lifestyle Medicine Practitioners: Protecting Yourself and Your Business with Balens Insurance. Learning Zone Recording Business Development Category

The Better Sleep Clinic - Sleep, Health and Well-being with David Garley. Recordings on demand

BANT Partner Webinar - Rebuilding the Foundations: Rethinking Wellness in an Unwell World with Tracey Raye from Made by Daily. Learning Zone Recording General Nutrition and Lifestyle Category

BANT Partner Webinar - The Role of Nutrition in ADHD, Neurodivergence and Brain Health with Dr Rachel Gow and Dr Nigel Abraham. Learning Zone Recording Cognition and Brain Category

Dr Vegan - Nutritional Approaches to Anxiety Management with Ella Kaur and Olivier Sanchaz. Recording on demand

NED Science Forum - Realising the Vision of Preventative Health: Translating Genetic and Wearable Data with Dr Yiannis Mavrommatis, Dawn Waldren, Alessandro Ferretti and more. Learning Zone Recording BANT Professional Support

BANT Partner Webinar - Use of Seaweed in Nutritional Therapy in partnership with Seagreens with Dr Jane Jamieson. Learning Zone Recording Nutrition and Lifestyle Medicine Category

BANT Professional Webinar - How Advertising Rules Apply to Nutritional Therapists with TC Callis. Learning Zone Recording BANT Professional Support Category

BANT Partner Webinar - Swollen Ankles and Varicose Veins with Lorraine Nicol. Learning Zone Recording Cardiovascular 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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