



THE MEDICAL SOCIETY OF LONDON
FOUNDED 1773

11 CHANDOS STREET
LONDON W1G 9EB

telephone: 020 7580 1043
email: info@medsoclondon.org
web: www.medsoclondon.org

Dear Fellow,

The second meeting of the 254th Session will be held on **Monday 26th October 2026**, when Mr Nick Potter D.O. BSc(Ost Med) MRO IRMER cert DipMedAc will deliver his lecture on:

‘BENDY BODIES, BENDY BRAINS: THE EMBODIED BRAIN’

Nick Potter is a Consultant in Osteopathic Medicine at King Edward VII Hospital, where he runs busy clinics specialising in chronic spinal and pain syndromes, hypermobility, chronic fatigue, and brain fog. For 14 years, Nick has consulted to Brevan Howard Asset Management on Health, Well-being and Performance, pioneering the use of interoception to manage traders' stress. Drawing on 15 years studying stress and decision-making, his performance background spans Formula 1 (working with Alain Prost's team and as Human Performance Advisor to Jaguar Racing), elite rugby, golf, tennis, and UK athletics — work that led him to develop the ‘Corporate Athlete’ concept, presented at INSEAD, and to raise £10m to found the human performance centre ViLife.

Nick co-founded the London Spine Clinic (2004) and later established the Centre for Physical Medicine at the Princess Grace Hospital, where he developed the Potter Hip Impingement Test (PHIT) and sits on multiple weekly spinal, hip, and knee multidisciplinary teams. He has recently formed a working group, ‘Bendy Bodies, Bendy Brains,’ researching links between hypermobility, pain hypersensitivity, and neurodiversity, and continues research into nocebo effects and sickness behaviour.

Nick will present a new unifying model for how the brain actually processes the world and how it provides a revolutionary way of explaining chronic pain, as well as a multiplicity of different illnesses. Based on the ground-breaking work of Prof. Karl Friston, human brains are prediction machines (predictive processing) working through a model of active inference. We make predictions about how we expect our internal state and external worlds to be and update those predictions with incoming sensory data. Using Hypermobility as an example of prediction error and its consequences in comorbidity and neurodevelopmental disorders, Nick will also touch on the ‘Bendy Bodies, Bendy Brains’ role in the phenomena of fibromyalgia, ME/CFS, Mind viruses, Placebo and Nocebo.

A Buffet Supper will precede the meeting at 6.45pm, and the meeting will start at 8pm. The cost of the evening, to include the lecture and supper will be **£47** per person for Fellows and guests. If you wish to attend the supper, please arrange your payment to reach our account **The Medical Society of London, Sort Code 20-36-88, Account No 00756741** by Thursday 22nd October and email the Deputy Registrar to confirm your place. Alternatively, a cheque may be sent with the slip below to arrive by the Thursday preceding the meeting. Please note that we cannot usually accept orders for suppers after 12 noon on the Friday before a Monday meeting. However, if after Friday noon you decide you would like to attend, please telephone in advance to ascertain whether you can be accommodated for supper.

Yours faithfully,

Honorary Secretaries

Group Captain John Skipper LLB FRCS

Dr Kieran McHugh MB BCh BAO FRCR FRCPI DCH

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To the Deputy Registrar, 11 Chandos Street, London, W1G 9EB

☐ I wish to attend the buffet supper on Monday 26th October 2026 and enclose a cheque for myself and guest(s) at **£47 PER PERSON**. Please also send an email to info@medsoclondon.org or ring us on **020 7580 1043** to confirm your booking.

☐ I wish to attend the meeting and lecture only (no fee payable)

Name(s) in CAPITAL letters please

Email address Dietary Requirements