THE GUTTRACK COURSE · FREE INTRODUCTION

What's actually inside.

A free, five-minute look at the course before you decide whether to join the waitlist — no sign-up needed to read this.

This is the introduction, not Module 01 — the real course starts once it launches.

THE PREMISE

Reasoning, not restriction.

Most IBD food advice is a list: avoid this, limit that. It doesn't tell you why, and it falls apart the moment your situation doesn't match the list. This course teaches the reasoning underneath — how to read your own reactions, build your own hierarchy for bad days, and widen your diet back out safely once you're ready. By the end, you're not following someone else's rules. You're running your own system.

WHAT'S INSIDE

Eight modules, in order.

01 Foundations — the mental models behind trigger vs. cause

02 Reading Your Own Data — turning a food diary into real pattern-recognition

03 Flare-Day Decisions — a hierarchy for bad days, not a fixed list

04 Remission & Reintroduction — widening your diet back out, safely

05 Building a Weekly Rhythm — a system sized to real, variable energy

06 Eating Out & Travel — keeping it working when you lose control of prep

07 Flavour Without Trigger Foods — real chef technique, not sacrifice

08 Your Long-Term System — everything, brought together on one page

A TASTE OF IT

Trigger, not cause.

Here's one idea from Module 01, to show you how this course thinks. Say a food seems to cause a flare. Before you write it off for good, ask what else changed that day — sleep, stress, a missed medication dose, a hormonal shift, illness. A single bad reaction tells you almost nothing on its own. A pattern across several separate occasions, with the confounders ruled out, tells you something real. That distinction — trigger versus cause — is the difference between a diet that keeps shrinking out of fear, and one built on actual evidence about your own body.

WHAT YOU GET

Built to actually fit your life.

- → Eight short modules — read them, have them read to you, or work through them live with Ben, whatever suits you
- → A companion Workbook — one worksheet per module, never a test
- → A Certificate of Completion once you've finished all eight
- → The option of a one-to-one session with Ben if you ever want it worked through on your own situation

ONE HONEST NOTE, AND WHAT'S NEXT

Not a replacement for your GI team.

This is food strategy from a chef who has lived with IBD for 17 years — not medical advice, and not a substitute for your gastroenterologist or dietitian. It's built to sit alongside them, not instead of them. If what you've just read sounds useful, join the waitlist on the course page — you'll get early-access pricing and be the first to know the moment it's live.

Join the waitlist →

guttrack.co.uk/course