

"It [SPEED] is well researched and I support your approach to the achievement of weight loss."

- Dr. Richard K. Bernstein, M.D.

S.P.E.E.D.

A Complete How-To Manual for Quick & Permanent Fat Loss



- Sleep is vital!
- Your mindset matters the most!
- Exercise is overrated!
- and much more!

"It is not everyday you have the opportunity to get wild & enthusiastic about something like weight loss, but this book from nutrition & fitness experts Jeff Thiboutot & Matt Schoeneberger does just that...I truly believe if you read this short & concise book...then you will be well on your way to becoming the healthy & fit person you have always dreamed of being."

-Jimmy Moore

@livinlavidalowcarb.com

Jeff Thiboutot M.S., C.N. and Matt Schoeneberger M.S., C.E.S.

S.P.E.E.D.

A Complete How-To Manual for Quick & Permanent Fat Loss

by

Jeff Thiboutot and Matt Schoeneberger

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We, the authors, don't benefit financially by recommending any food or food product. We have no financial ties with any supplement companies but we do carry a few different brands of supplements at our wellness clinic. However, we have no problem changing our suppliers if we feel that a better product is available. We also have no problem saying that a particular company sells some supplements we like and others that we think are worthless.

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Introduction

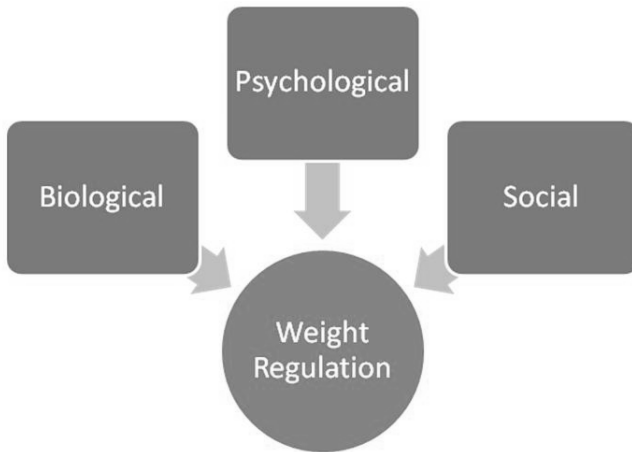
WHY A BIO-PSYCHO-SOCIAL MODEL IS NEEDED

"Make everything as simple as possible, but not simpler."

-Albert Einstein

Congratulations on taking the first step toward a healthier and leaner you. The information contained here can have a substantial impact on how you look, feel, and function. You will notice quickly that the information presented is not what is typically presented in most weight loss books. There are three good reasons for this. The first reason is that most weight loss

programs do not produce long-term results.^{1,2} This is usually due to the overly simplistic view of, and recommendations for, weight loss. Second, weight loss is a complex phenomenon^{1,3,4,5,6} influenced by three interconnected factors, (1) biological, (2) psychological, and (3) sociological, referred to as the Bio-Psychosocial Model.^{7,8} Third, you will also notice that this book is not very long. This was done on purpose. To do this we have focused on the most useful components that address the biological, psychological, and sociological aspects of weight loss, which are supported with an extensive amount of quality research. Additionally, the “Do This...” section at the beginning of each chapter provides a quick overview of the key aspects of each chapter. This should help with the understanding and application of the information. Do not let the brevity of the book diminish your confidence in the information.



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This book is not intended for those who are trying to maximize their athletic potential. This information is intended for those who need to lose a substantial amount of weight, want to lose it relatively quickly, want to maintain a healthy weight, and want to be able to function better in daily life.

In conclusion, we feel that if weight loss is your goal, which is highly likely if you are reading this, it should be based on the Bio-Psycho-Social model of change. Changing how you look and feel should not be taken lightly. To be successful you need to harness the power of all the aspects of S.P.E.E.D., which are sleep, psychology, exercise, environment, and diet. Although the concepts explained in S.P.E.E.D. are best utilized together, you can start applying them individually as you learn them. Most importantly, in order for this information to be useful it must be acted upon.

To your health and success,

Jeff Thiboutot and Matt Schoeneberger

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