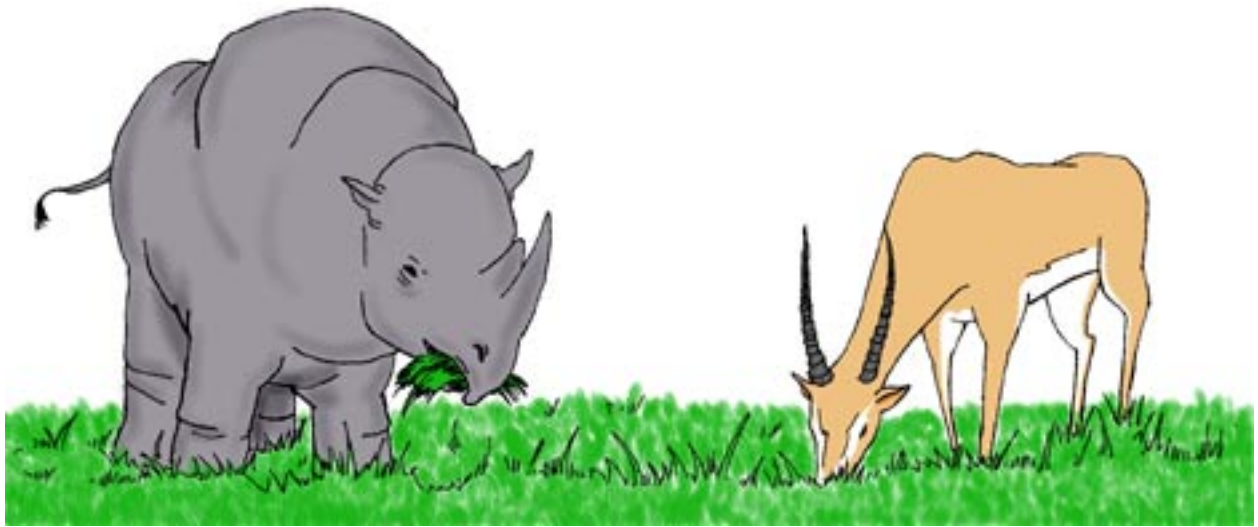


THE RHINOCEROS ONLY EATS GRASS

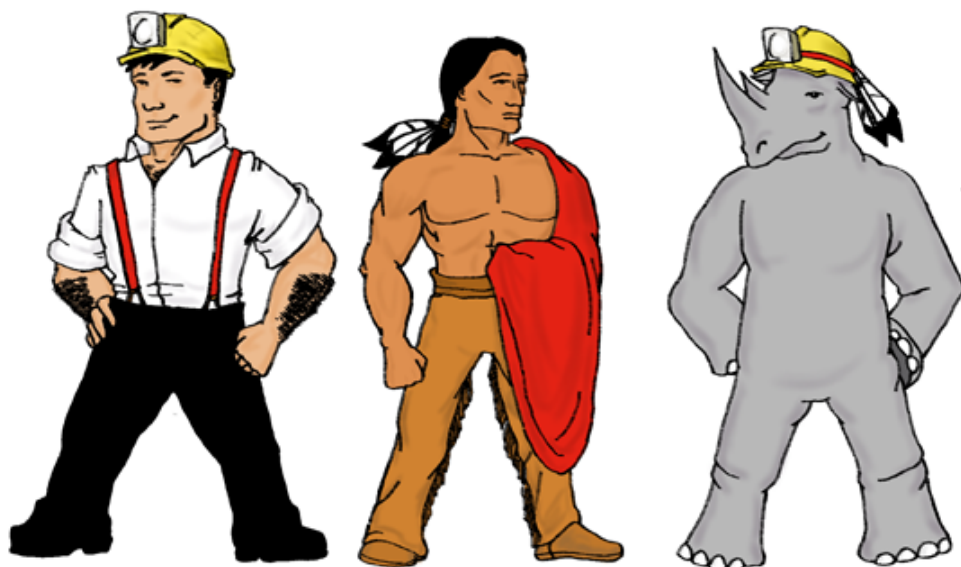


AN EXAMINATION OF THE REAL REASON
MOST DIETS DON'T WORK

Ideas by Darrel Edwards, PhD

Illustrations
by
Alex Hare
WILD HARE PRODUCTIONS

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WHY I AM WRITING THIS BOOK

I am writing this book because I have been affiliated with the food, nutrition, dieting and fitness programs and industry all my life (starting with food at a very young age). Lately, as a clinical psychologist (since 1968) I have studied the whole topic for everyone from the Department of Defense to NutriSystems and have set up private and public clinics for eating disorders as well as the seriously overweight. I have come to understand several things that are often hidden from us:

- Most of us do not know how to eat ... we did as babies ... but we forgot.
- We often believe that if we only ate differently or exercised differently than we do everything would be wonderful.

Those who offer diet programs and products love to hear us talk this way ... they can tell us how to eat, what to drink, what pills to take, or how to move ... for money ... hooking millions of us until we find a new fad to follow ... but making each “guru” or program owner millionaires.



Truth ...

- While many individual stories suggest a variety of successes and infomercials seldom report actual success rates (they stress personal stories... “*individual results may vary*” or “*results are not typical*”), 95% of all of us who want to lose weight do not meet our goals.
- Almost 100% of those goals that are set are wrong.
- Of the “lucky” 5% who reach our initial goals, 80% of us will have returned to our original weight before we tried to meet these slightly (at least) unreasonable goals... or will have actually gained back more weight than we started with.
- The other 95% of us who never make it usually gain back more than we originally lost when we were on our way to failing.
- The net results of hundreds of very large scale studies that follow people for more than a couple of months suggest that 1% of us who start on a weight reduction program starting with (at least) slightly unreasonable goals make it.
- We have found this to essentially be true for highly motivated, highly educated groups (CEO’s who had suffered their first heart attack) as well for us who just want to look good enough to be accepted.

Why is this so...?

- Most of us do not know how to eat.
- Most of us do not know how much we should weigh.
- Most of us do not know how eating and our body works.
- Most of us are not emotionally prepared to succeed.
- Most of us do not know our body’s code.

And most of all ...

Most of us do not have a clue who we are.

MY SECRET

I'm over 50 and I'm huge. I stand 6' and weigh 300 pounds. I was once Mr. Everything in high school. I was a football star ... running from the halfback position for 8.9 yards per carry and 24 touchdowns in my career. I was Mr. Tomahawk ... meaning that the senior class chose me along with Suzie Dunning (Miss Tomahawk) as the top students in our class ... I weighed 220 pounds. I have tried and tried and tried and tried ... to regain that person, but he's been buried under tons. I was not sure that he could ever find his way out through all of "me," but that has changed. I have changed.





I Am A “Rhinoceros”

I am a rhino. I will usually take the part of the rhino in the following dialogue. Since I am male, I will have a male voice, but let me tell you something very important.

Women do not like to think of themselves as rhinos ... but there are female rhinos in the wild and in captivity.

Big women want to be gazelles that are just larger than most other gazelles... that would mean that if they were “just good” or “good enough” about dieting and exercising (if they only had the time) that they too could be slender gazelles.

Big mistake ... and with that they damn themselves into being “sad” and being “wannabeasts” instead of really happy and very lovely rhinos.

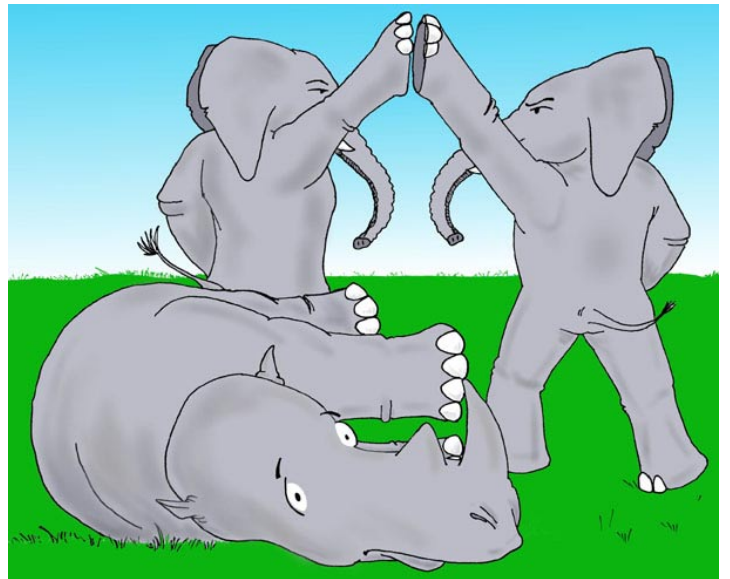
Big women can be just as beautiful ... just as loving ... just as brilliant ... and just as desirable as any gazelle ... never mind that what’s really going on is that they scare most “little” men to death (no matter what size the man).



Let me tell you something else that is also important ... Men do not want to be rhinos ... unless we get paid lots for being rhinos or like pushing others around.

For some of us being a rhino creates a deep sense of security, but somewhere deep inside some of us are sure that there are young male elephants just itching to have their way with us as they go “rhino tipping.”

Men want to be lions or leopards or tigers (for those old enough remember the song ... it was “Teach me tiger how to kiss you wa-wa-wa-wa-wa ...” not “Teach me rhino how to kiss you ...” in the smoldering song of years past.



Even very big men often want to be “cats,” and we beat ourselves up very badly because we can’t be “cats.”

Big mistake ... and with that we damn ourselves into being “sad” and being “wannabeasts” instead of really happy and very “masculine” rhinos.

I chose rhinos and gazelles in this little piece because cats are sexy, but most of us are not so full of it as cats are. We are like the more peaceful, caring creatures ... rhinos and gazelles who have better eating habits that humans might emulate. We wouldn’t do too well if we had to catch and kill each meal for all that red meat.



By the way ... have you noticed that I use words like “big” or “huge,” but not “fat.” “Big” is close to being an honest statement. “Big” is a judgment based on perceptions.

“Fat” is often a word used to punish or demean someone and it’s not based on perception. It actually is something like “I believe that you have more fatty tissue under your skin than I believe you should ... than I would like ... than pleases me ... than I do ... than I want you to have ... than I believe to be healthy for you” ... depending on the attitude and intent of the speaker. By the way ... women usually do not like to be called “big” any more than they like being thought of as rhinos ... especially “tall” women who are “just tall” or women who are “big boned.” They will be called “big” by smaller gazelles and some stupid men. Men ... if they are big ... will probably be called “fat” by small children (we brain wash them from the time they are small) gazelles of either gender, and doctors and nurses who like to say “obese” instead of “fat” ... but who mean “fat” instead of big.

The new trend is to even accept “fat” as an accurate description by those who are. But the stigma is still there in the minds of the general population.

I helped set up a project for the Department of Defense that monitored young men who did not meet “fat requirements” but were allowed to join the services anyway. The physician who managed the project was a world renowned leader in measuring fitness and dieting success. Well ... everyone else on the management team were gazelles. All of them suggested in subtle or not-so-subtle ways that maybe I should be a participant-manager. I was young (27) and easily hurt ... but now I have rhino hide ... but the good doctor would have none of it.

He pronounced me as “thick” not fat ... measured me using a very sophisticated water immersion technique ... and reported that I had 10% body fat on my 275 pound body. I didn’t feel much better and I learned about the social difference between the words and the insistence on some in seeing everyone who is “not-like-them-in-small-body mass” as “fat” or obese.

Well ... let me tell you how I came to this and why diets never finally work. Even if supervised by a doctor, diets almost never finally work. Almost all of us... save the very few naturally thin prone, those who can control almost anything if we put our mind to it, and the few lucky ones for whom everything is just right this time struggle and struggle and never quite make it.

Susan P. ... get a life. “All we have to do is eat and move ... eat and move ...” and on and on she whines ... and rants ... and raves. Her act is terrific. Her program is not.

Richard S. ... Groove with the oldies and “eat a meal” if you like to ... but we all know that it might not make us slim. It sure may make us fit ... and it sure could be fun ... but hey! even in your desire to save us all most fail to get slim. You are clearly a sweetheart ... you listen and care ... you save some ... you fight the good fight ... but it won't help me get slim and stay slim.

Dr. Art ... it won't even happen *Today* ... make your speeches ... fill the five minutes with sound bytes ... tell us how to be good children. You do remind us of good rules that can be followed by people who don't really need rules, but don't pretend that you are telling us the truth. I've seen you ski ... you look great ... you are in control ... but Al and I don't care ... (forgive me Al) ... you have left out some important stuff.

Now there are Fat Trappers ... Fat Whackers ... Southern California Cheaters ... eat a crab shell ... eat a chitin pill. Does it work? I know too many rhinos who took the pill and gained 20 pounds.

Listen! No type of program is right for everyone. Since they don't work anyway, why start with a program that is counter-productive. Find what creates the balance in your life. That way failure doesn't mean having to deal with the extra self-hate of having gained 10-20 pounds.



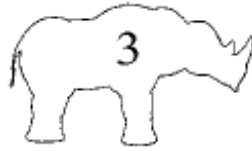
Six Magic Questions

I'm going to tell everyone six secrets that will show them why most of us chowder heads can't succeed at a diet even if someone holds a gun to our heads.

Actually, if you answer just six questions, you'll know the secrets. Actually ... you already know the secrets. You just don't know the questions.

Here they are:

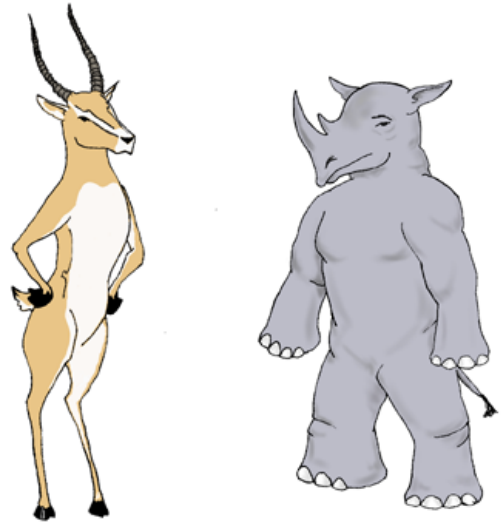
- 1) Am I a gazelle or a rhinoceros?**
- 2) What do gazelles and rhinos have in common?**
- 3) Whenever I try to diet, do my potty habits change?**
- 4) Is my body smarter than I am?**
- 5) Are there times that I would kill for a [Twinkie] - you fill in the []?**
- 6) How much weight have I probably gained on average each month over the last 10, 20 or 30 years (pick a time ... the time since I received my first full growth ... probably somewhere between 10-30 years ago)?**



Question 1: Am I a gazelle or a rhinoceros?

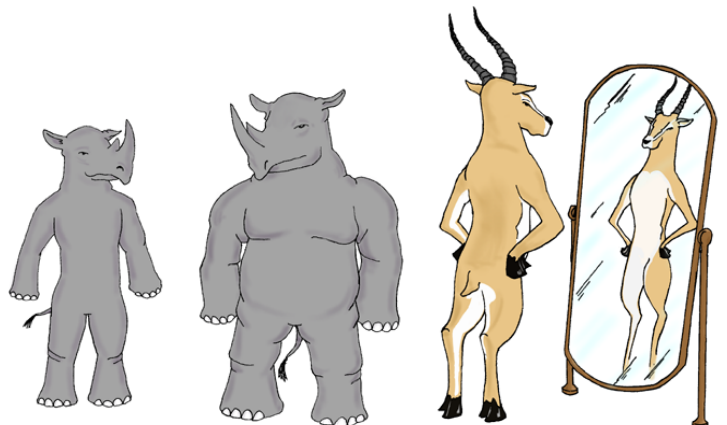
As I pointed out ... there are many other animals that we might be ... or dream about being ... or think we are most like ... but, the question here is a more specific one:

Are we by nature lithe and slender and full of energy that allows us to bound and prance and skip? or have we ever been? or are we just naturally large and heavy and ponderous and have energy to thunder and charge?



Gazelles are often proud of their bodies and may even believe themselves to be “better” than rhinos. Rhinos are often ashamed of their bodies ... especially if there is any “flab” and there usually is ... ever see a defensive lineman without some extra weight?

We may have eaten for the long famine or dry season that we fear faces us; but if we are gazelles, we will still look like a gazelle inside. If we are rhinos, we can be huge rhinos or small rhinos, but we are still rhinos.





The Test

How do I know which I am, you ask? Well, you could take a simple test if the previous descriptions of “bounding, prancing and skipping” versus “thundering and charging” didn’t settle the matter.

Answer A, B, or C:

Question 1.

Which of the statements about your neck best fits you:

- A. Long and slender and lithe... you are definitely a gazelle.
- B. Thick and muscular... you may be a rhino.
- C. “I have no neck”... you are definitely a rhino.

Question 2.

Which of the statements about your hands best fits you:

- A. Long and slender and lithe... you are definitely a gazelle.
 - B. Thick and muscular... you may be a rhino.
 - C. Baseball mitts... you are definitely a rhino.
- (Just for women)
- C. Big Boned... you are definitely a rhino.

Question 3.

Which of the statements about your legs best fits you:

- A. Long and slender and lithe... you are definitely a gazelle.
- B. Thick and muscular... you may be a rhino.
- C. Tree trunks... you are definitely a rhino.

Three out of three “B” answers means that you are either a very muscular or “big” gazelle or you are a rhino.

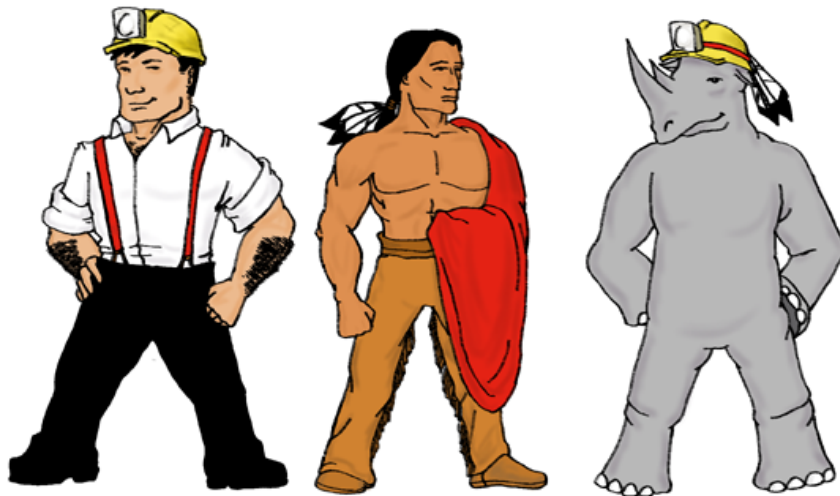
Tie-Breaker.

Which male movie star figure would you say you resemble most... even if you are female:

- A. Mel Gibson... you are definitely a gazelle.
- B. Danny Glover... you are probably a rhino.
- C. John Goodman... you are definitely a rhino.

It’s important to know who you are, because...

The plain truth: a gazelle will never be a rhinoceros ... and more to my point ... a rhinoceros will never be a gazelle. I am a rhinoceros ... I am big ... my daddy was big ... my people are Welsh and Cherokee ... the Welsh are big ... the Cherokee from which I descended are big ... all are “rhinosaurites.”



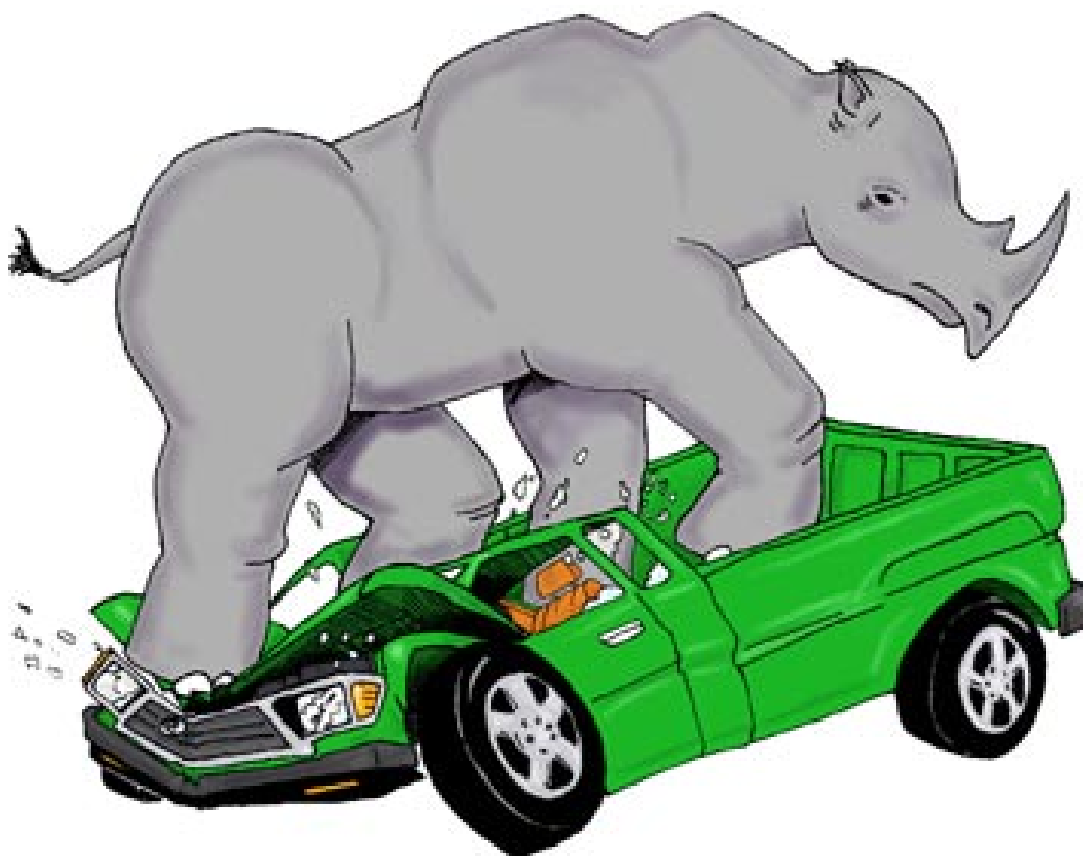
Mind you ... we are not slow. Look to the professional football ranks to see just how fast a rhino can be ... from 260 pound running backs to 350 pound linemen who drop back in a pass defense ... ever been chased by a rhino?

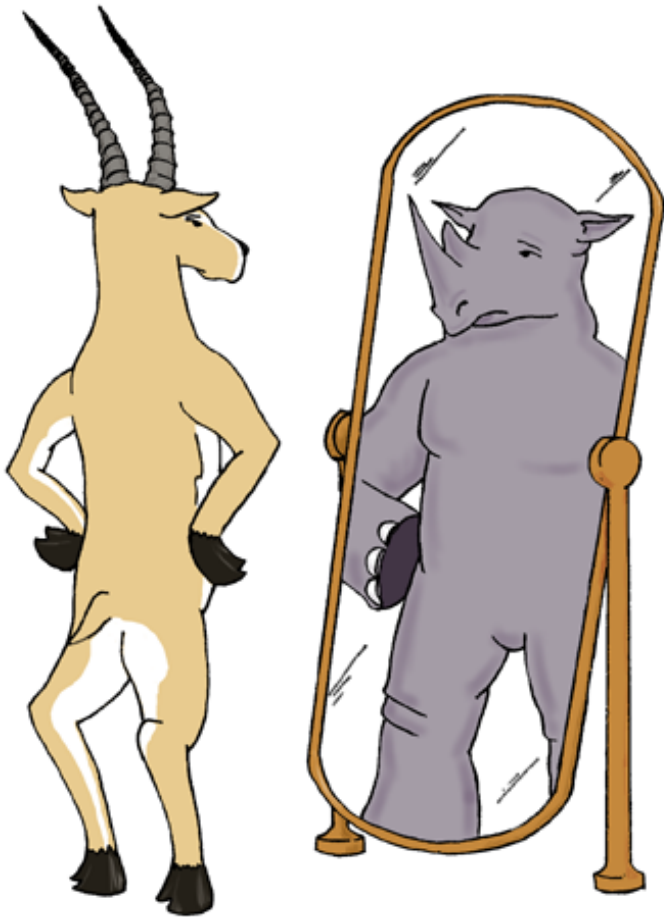
Some rhinos are nimble and fleet, but we will never prance or skip or float.



Did you see *Hatari* with John Wayne?
Rhinos are not the least afraid of vehicles
or most situations... except being accepted
by gazelles.

Don't be fooled! Just because we weigh a
ton ... or perhaps a little less ... doesn't
mean that we are rhinos. Gazelles can
eat themselves into bigger sizes, but they
are still gazelles. If gazelles slow down
on eating ... which they might not ... at
least not for long ... gazelles will begin to
look like fairly trim gazelles again ... and
we rhinos will still look like rhinos.





Some gazelles think they are rhinos ... but they are not ... and will never be. You can be an enormous gazelle, but you will always be a gazelle. The point: if you diet and receive support you can look like a gazelle shortly ... even though most of you (for personal reasons) will become bigger gazelles again.

Gazelles are often great people ... who ... of course ... have their own problems. (Bet you have never seen a rhino who had one of those fancy eating disorders: anorexia or bulimia ... much more difficult than just “being big.”)

Why doesn't a diet work then for a gazelle ... that's a whole different piece ... my beastie friends ... but let me tell you some small part of it. Gazelles who fail may truly believe that they are rhinosaurites. Gazelles who fail may wish they were rhinos. Some gazelles have had bad luck as gazelles. Failure usually incorporates anxiety, threat, or fear and anger. Anger (especially associated with failure over and over again) is almost always present ... and it's such a barrier to success in any life endeavor ... but that's really another story. Some gazelles have bad food habits and love tastes and smells of those bad habits. And ... a few really do have thyroid problems. All failure usually means that we do not know what we can and cannot eat... we don't know the code.

Just think about what all that means if we are true rhinos. Some people who are rhinos think they are just gazelles who have a thyroid problem ... or have had a small eating problem ... and that if they fast enough or diet enough or have enough liposuction, they will become gazelles ... but ... **it will never happen.**

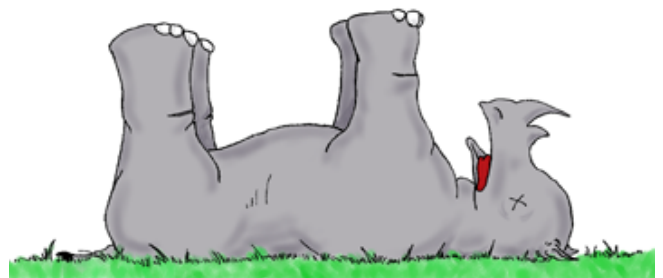
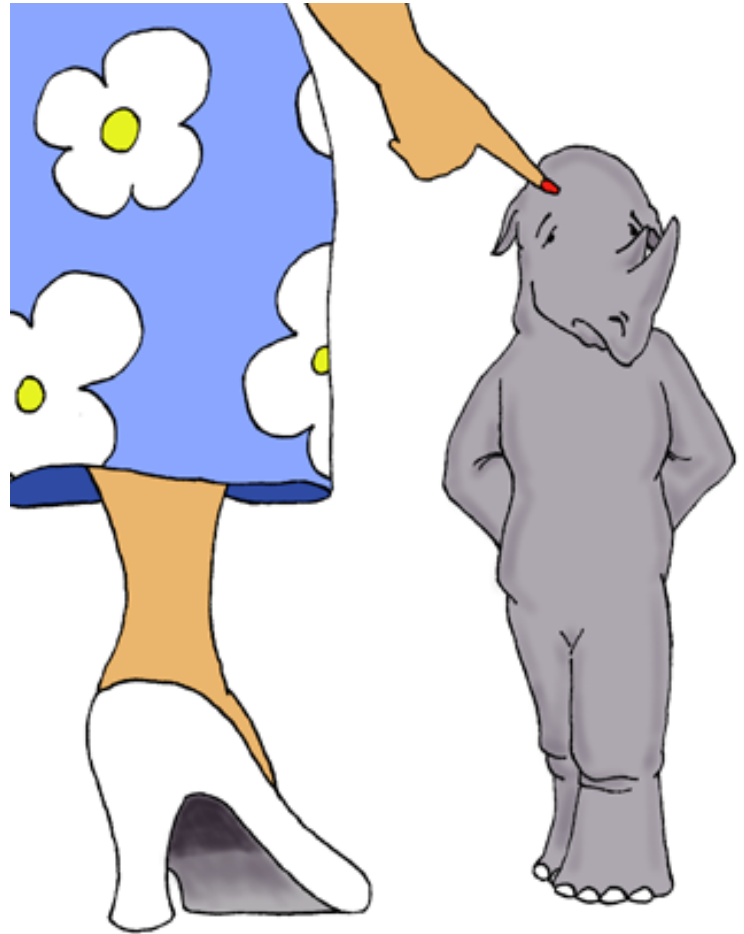
Sad thing about being a rhino ... every time I tell someone about this animal thing and admit that I'm a rhino ... they always say: "Oh! Too bad ... I'm sorry." or "You know ... if you only ate more like a gazelle, you would be more like a gazelle."

Two things, fans:

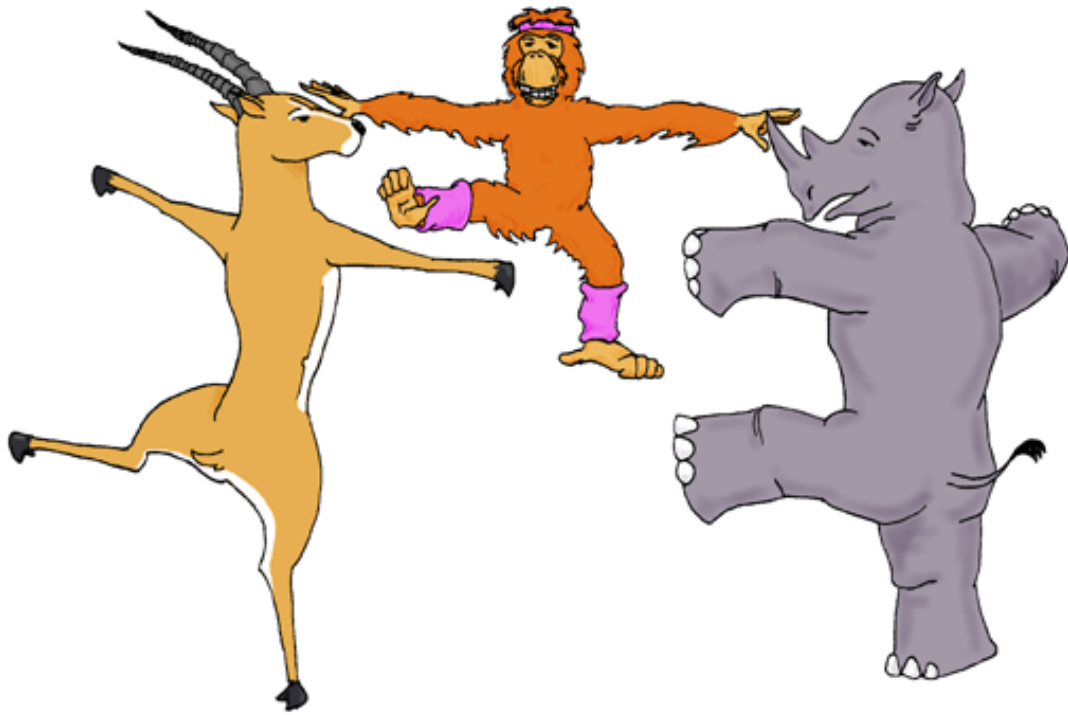
1 Rhinos should be proud to be rhinos ... not embarrassed ... or sad ... or trying to be a gazelle. Rhinos have their own lives and can do some pretty marvelous things that gazelles can't. So ... keep your sympathy to yourself.

Mind you, though ... we should be fit rhinos ... as muscular and as healthy as we can be ... but don't try to be a gazelle.

2 If we rhinos ate like gazelles, we wouldn't look more like gazelles ... we would damn well look like dead rhinos ... that's what we would be ... dead rhinos.

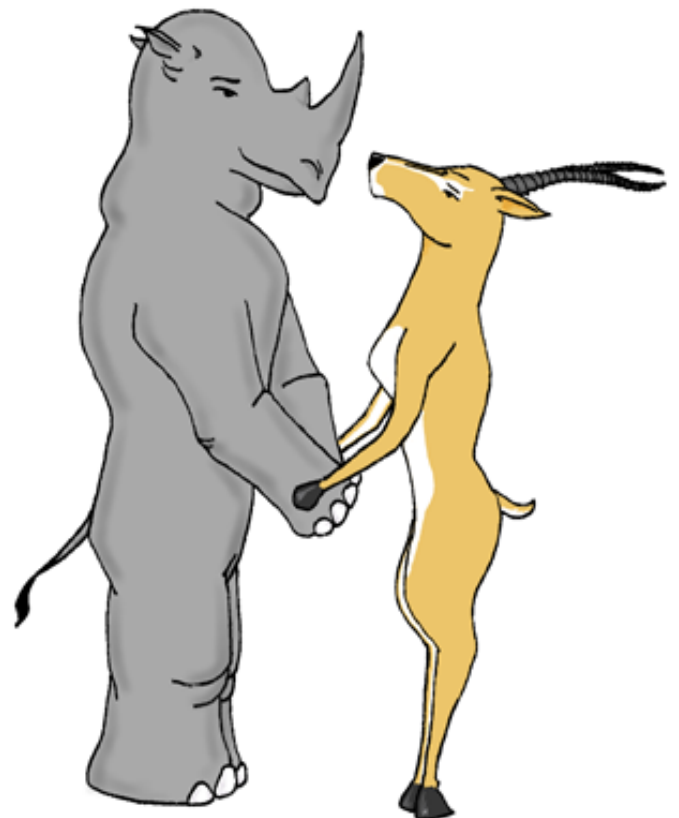


So ... whether we are a gazelle or a rhino ... be proud of ourselves ... be as fit as we can be. Exercise ... eat good things ... and ... have some fun.



Remember ... there is a distinct difference between beastie gazelles and rhinos and human gazelles and rhinos. We, as humans, can co-mingle. If I were a gazelle and I love a rhino, terrific! We can definitely increase the strength of a gazelle by mixing with a fit, strong, lovely rhino ... or I could produce offspring who are rhinos but quicker on their feet than most rhinos.

We could produce some of both. Or we could just have fun loving each other.





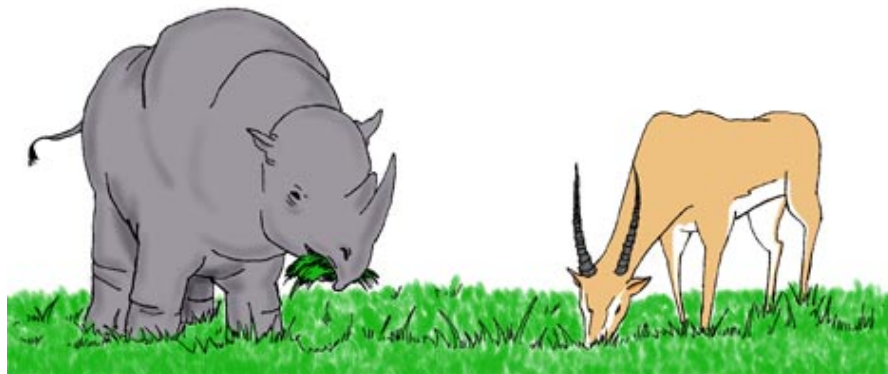
Question 2: What do gazelles and rhinos have in common?

The preceding brings me to the next question. Think about it ... you know the answer. No ... I'm not thinking about us both living in Africa ... or even being from Africa.

It's not so abstract as "we are both alive" ... or "we both have horns."

This is a metaphor "guys" ["guys" is the California equivalent to the South's "y'all" ... one of the best words in the English language] ... gazelles or rhinos can be from anywhere and can live anywhere. No ... it's not that we are both animals ... I already gave that away.

This is about eating ... no? Right ... that's it ... **we both eat only grass and bushes.**

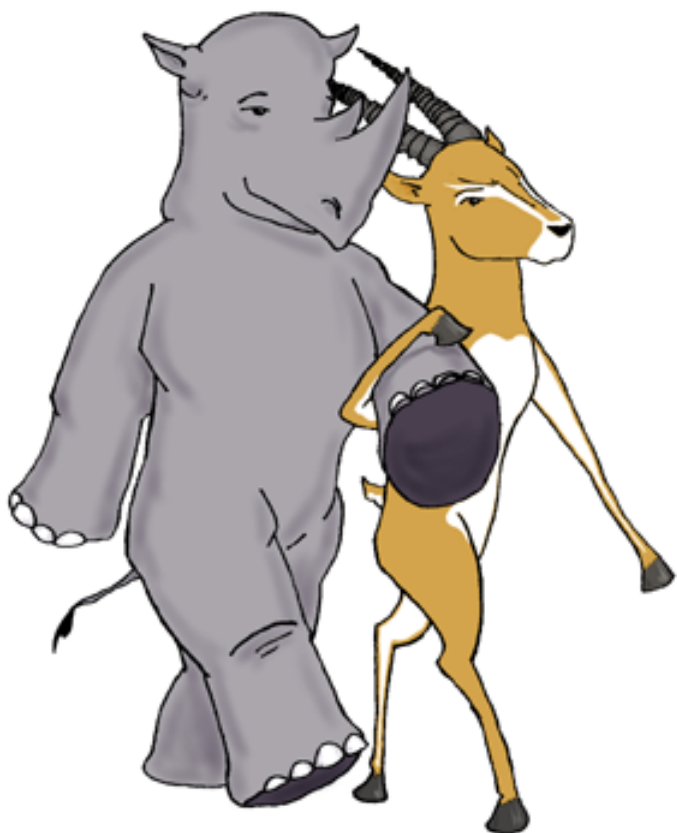


Yet ... one is huge and one is slender.

No ... it's not just the amount of grass we eat ... I already told you about what happens to a rhino who tries to eat like a gazelle. It's just that we both eat grass ... similar diets ... meaning similar types of food ... but with different outcomes.

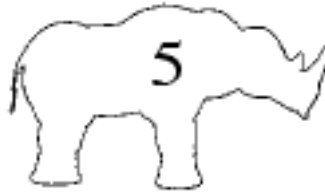
So ... does someone want to try to tell me to eat salads and fruits and vegetables ... or to fast ... or to drink only juices, and I will become a gazelle. No way! I may become a fit rhino ... but a rhino nevertheless.

We won't become what we are not by changing our dietary choices ... but ... it is good to remember that few fit rhinos eat much fried foods ... or many Jelly Belly's. Both eat only grass (bushes are just grown up grass). So ... eat good stuff ... eat plenty of grass ... and be glad if you are a gazelle ... and be glad if you are a rhino.



Hey! Gazelles! Don't be afraid of rhinos. I've already told you some of the merits of cross species love and devotion ... but ... if you want to run with your own herd ... OK!

Rhinos ... not all gazelles are snobs. Some are accepting and fun to be with. Chin up ... horn out ... go for it!



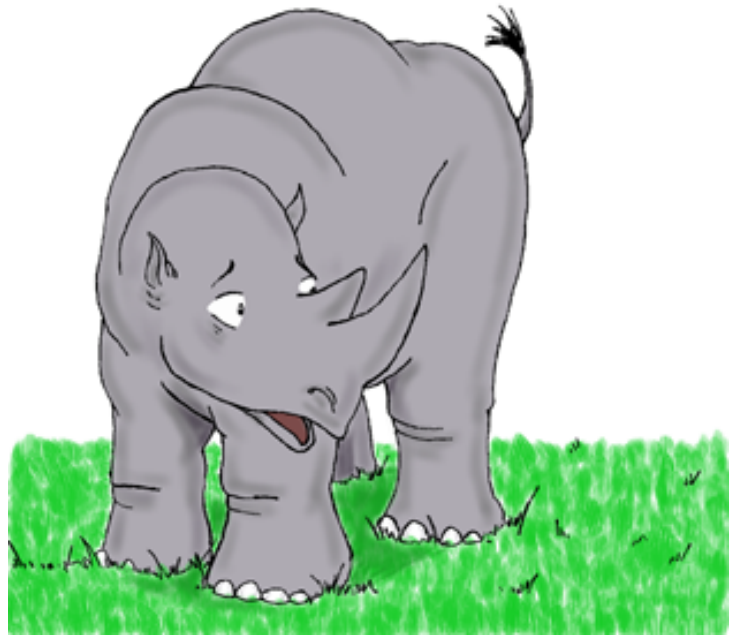
Question 3:

Whenever I try to “diet,” does my poo change?

If it weren't enough to try to become a gazelle when we're not; it's hard enough to just be as fit and healthy a rhino as possible. Whether we're a gazelle or a rhino, every time we try to slim down a bit, the same thing happens ... our poo changes.

I can go from OK to “rock-moan-enough” or “Waterworld” ... but either a new theme (Rockmoan enough) or a real disaster as a project (The movie) ... it's enough to scare us off our track. We give up ... with an excellent excuse ... though we never tell others one of the real reasons we gave up.

So ... if you're a really big gazelle and want to be more slim and gazelle-like, you have to fight your way out of the bathroom. That's tough. That's also scary.



You think that's tough? Try being a rhino on the “john.” Brother, do I pity that “john.” Be careful about using a friend's house. They don't need the plumbing bills if things are “bad.”

Implication ... we need help ... real help ... and it's not diet. We need to understand and accept.

By the way ... a good steady diet of grass and such will make our poo just fine. In our mortal state we take from the earth ... eat/drink ... and give back to the earth.



**Question 4:
Is my body smarter than I am?**

**BODY
QUIZ**



Here's an easy one ... but we rational creatures lie. Our bodies are smarter than we are! It's not that our bodies are not us ... our bodies are us ... it's just that there are often unarticulated urges and dynamics that prompt behavior that seem out of our conscious control.

So ... don't say that we are our body or that we are as smart as our body. We're not. Heck ... we will even go to great lengths to make excuses for our body-behavior.

“I'll start the diet tomorrow.”

“It's only this one time ... that won't hurt.”

[You fill in the excuse.]

Heck again ... here I sit making these notes while munching the same Jelly Belly's that I disparaged earlier. I don't know why! It's not that I can't figure it out ... but ... remember: my rationalization (a perfectly good thing to do ... try to rationalize what's going on) usually has to use metaphors to talk about the reasons ... which is really different from speaking the reason clearly and plainly.

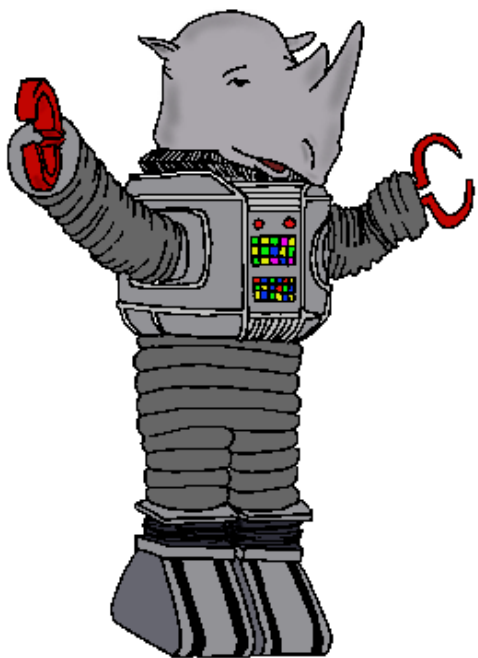
Another sad thing about thinking that we are smarter than our bodies is the rebound effect that so many doctors and dietitians have reported:

Lose 10 pounds gain 15 back ... lose the 15 and gain 20 back.

You have to also be very careful about fasting or limiting your intake:

Try to reduce the bulk ... the pounds of our intake ... of food ... and our bodies believe that a famine is coming.

[See, it thinks just like the animal that we are ... rhino or gazelle.]



“Warning! Warning! Will Robinson Famine is coming! Shut down the metabolism ... store fat ... wait out the long cold winter or famine or time between lunch and dinner ... which ever come first.”

The outcome ... we have to work with our body urges. We have to give it what it needs. We have to increase activity and maintain a non-famine diet. We have to be healthy and active gazelles and rhinos ... we have to enjoy eating.

Never think that you are smarter than your body.



Question 5:

Are there times that I would kill for a [Twinkie]?

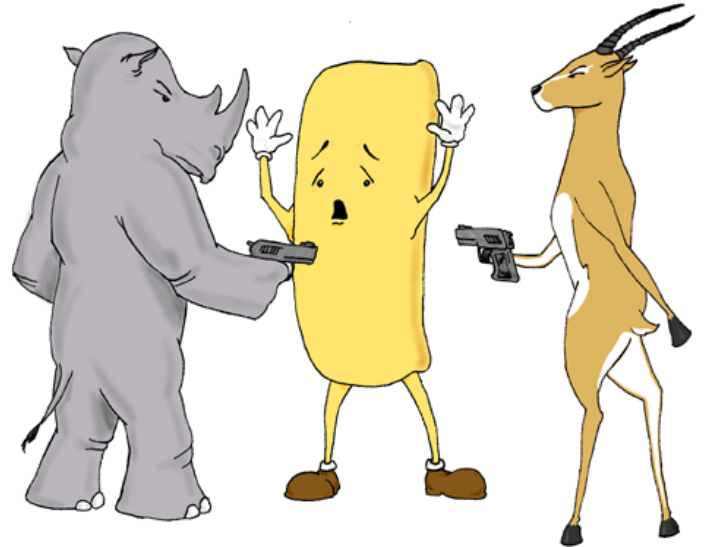
OK! ... maybe it's not a Twinkie ... you fill in the blank ... "There are times I would kill for a []."

This is a similar version to the "smarter than my body I am not" question. Whenever you try to diet, you give up some truly wonderful stuff ... and some great experiences with friends and food and the watering hole experience.

Not only do we miss the watering hole ... we miss that certain taste that can't be duplicated by anything else on earth. What is it ... Brach's Circus Peanuts that are fresh and aromatically explosive? [my downfall] ... or that meat sauce for your penne that is just like mommy's? ... or that cinnamon toast with extra sugar that starts the day just right?

Who knows ... it can be anything ... Ding Dongs ... HoHos ... a Snicker's.

The truth ... don't turn yourself into a sado-masochist ... (that's someone who abuses himself or herself but pretends to like it at the same time).



What do you do ... have a treat once in awhile ... be active ... eat plenty of grass.

Don't deny yourself ... actually ... if you eat enough grass and other rhino or gazelle stuff ... you won't have a lot of killer cravings.

We won't have a lot of scary nightmares either ... you know the kind ... like movies directed by Wes Cravings ... about Twinkies named Freddie chasing us with razor-sharp fingers demanding that we eat them or else.





Question 6:

How much weight have you probably gained on average per month over the last 10, 20 or 30 years (you pick ... that's the time since you received your first full growth ... probably comparing your current weight to your weight when you were somewhere around 20)?

What did we weigh? 110? ... 120? ... 150? ... 180? ... 200?

How much do we weigh now? 170? ... 180? ... 210? ... 240?

So ... in the last 20 years you gained 60 pounds? ... in the last 10 years you gained 30 pounds? ... or is it in the last 3 months I gained 30 pounds?

If it's the last one ... I better see somebody right now. Don't wait! ... something is wrong ... unless, that is ... I am a Sumo wrestler in training.

Nevertheless, if we gained a significant amount in the last 20 years ... we probably did not even notice. After all ... we only gained about 2.5 ounces per month.

That's such a small amount that you wouldn't even notice size changes so much in clothing ... especially if you are a guy ... guys don't know their sizes anyway.



If you're a woman, you might notice after a whole size change ... but that only means that you wear the same label all the time and that the label is consistent whether your clothes are made in Germany or Hong Kong or Taiwan. Actually ... no one seems to be that consistent. Different cuts and different feels.

Let's say you gained 30 pounds in 10 years. You have to admit that 30 pounds more than before is quite a jump ... nothing fits from before ... except maybe your hat, gloves, socks and shoes and maybe ... naaah ... that will do.

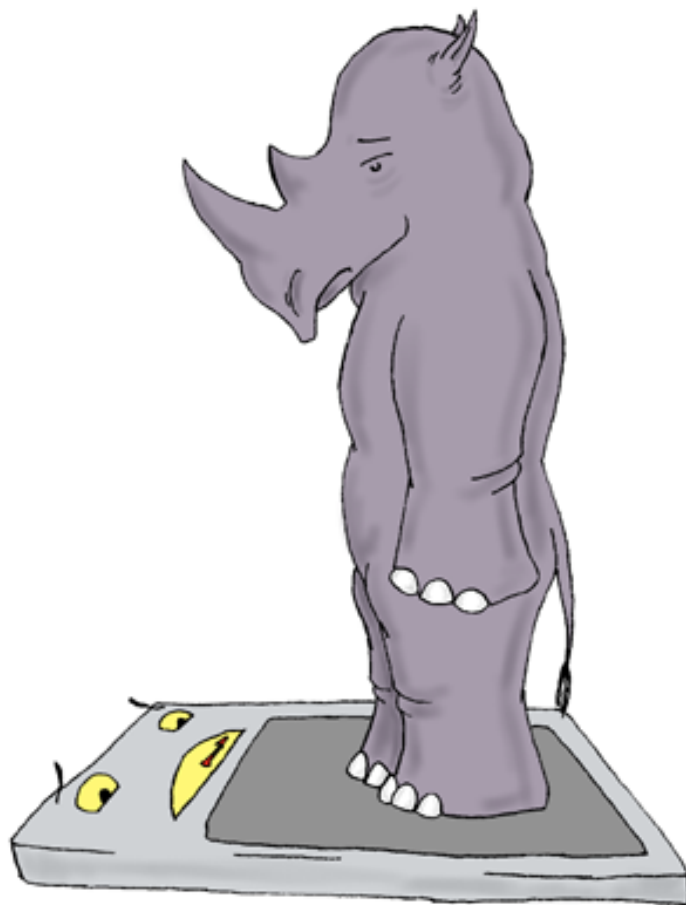
OK! ... how much is that per month? Give up? ... it's 4 ounces per month!

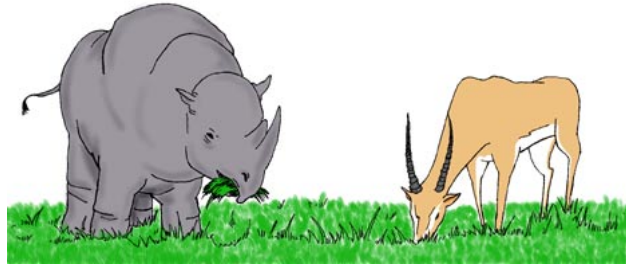
Do you think you would notice? Not on your life. That's scale fluctuation ... that's standing too far forward on the scale ... (by the way ... that's a trick I learned that makes it seem like you have lost weight ... especially if you cover up that little window with your feet).

How can we be expected to diet or manage our weight or monitor our weight? We will find rhino pounds sneaking up on us ... did you know that something as big as a rhino can actually sneak up on you? Ask the grease spots on the African velt ... those spots were once rhino hunters.

If you are a gazelle ... the same thing will happen. Although 4 ounces may be more easily detected ... it won't be. Actually ... four ounces may be an extra olive on your antipasti tray for some gazelles.

So ... don't look to our excellent monitoring to keep us in check. Major problem ... it may take one month to four months to gain a whole pound ... at which time we may shriek and run for the ex-lax ... or easy glider ... or air walk system ... or ipecac ... or however we manage that stuff ... but let me tell you a dark secret: it would take more than four months to truly lose that pound. Actually ... what we will probably do is try to lose it ... seem to be successful ... only to find it went out; recruited two more friends; and now we weigh three pounds more.





Plea 1: But ... I want to lose weight!

OK! But, some things just stack the odds against you and will lead to much wailing and gnashing of teeth.

1. If someone says, “Just learn to eat sensibly and eat less. It’s all a matter of behavior modification,” it won’t work. It’s been tried. One percent.
2. If you have to change your eating habits to liquids or supplements or diuretics or strange Eastern herbs to lose weight and then change back so you can actually stay alive, it won’t work.
3. If you have to take a medication that causes tremendous gas and a smelly, oily discharge through your skin and threatens that if you eat fat you will not be able to control your bowels, it won’t work and you won’t be very popular.
4. If you can find a new way you like to eat (changing to green things that are not meat or cheese since green meat or cheese is not great or deciding that low carbohydrates and higher protein and greens are terrific), it might work.

I went power protein with lots of grass. Careful about not too much fat (but I can have whipped cream or cheese). It’s great. My cholesterol is normal for the first time. My abnormal liver function is 35% better. My twice a week hypoglycemic attacks are gone. My almost daily nose bleeds are gone. I lost 7 inches in my waist and almost 60 pounds in four months. I eat when I’m hungry until I’m full (which comes sooner than it used to when I ate lots of carbs).

But, that’s me. A happier rhino.

Still a rhino. A fitter rhino.

Don’t listen to me.

Eat what your biological code can manage.

(consult your doctor)

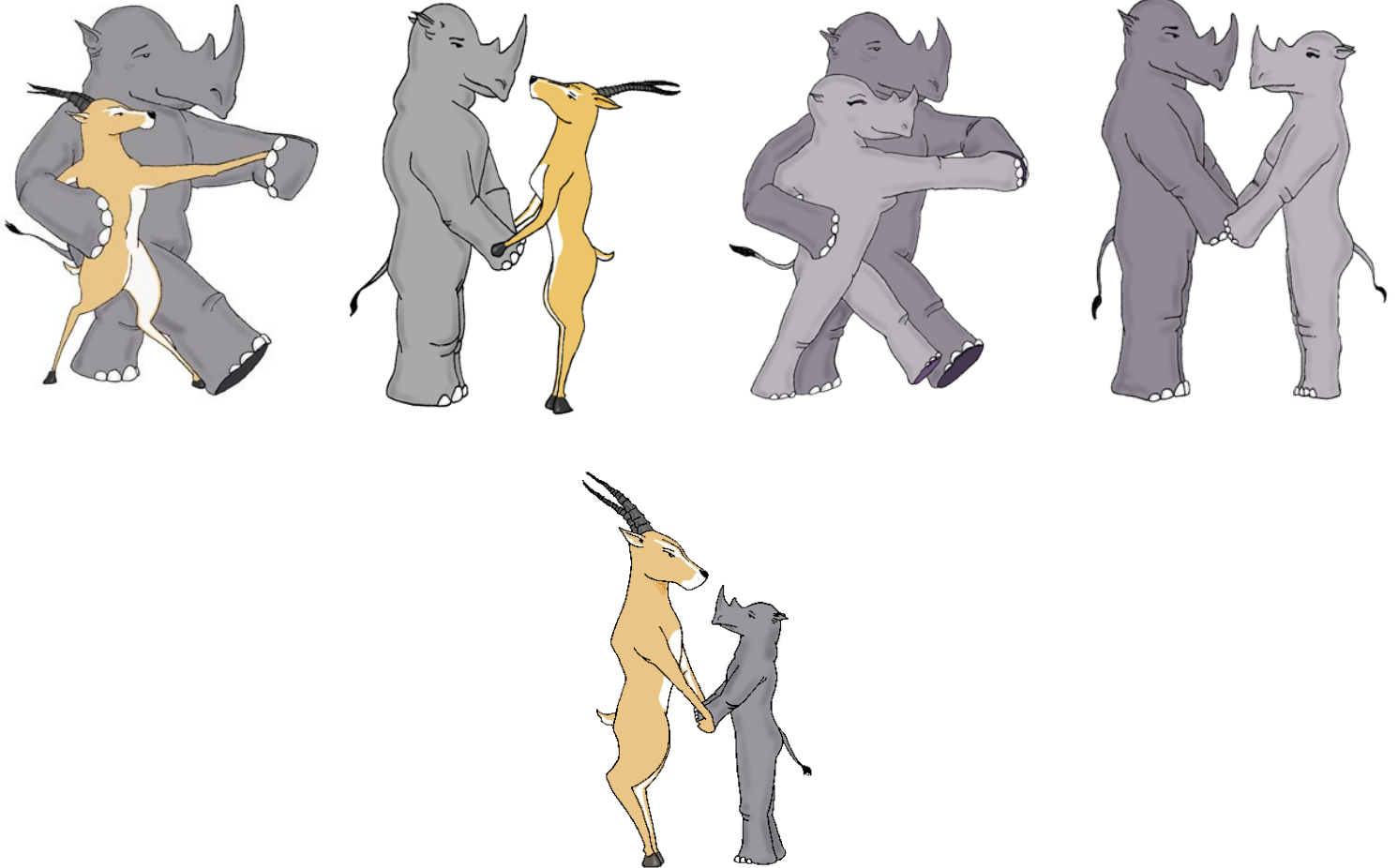
I can’t handle sugar and carbs.

What can’t you handle?

So! What Can We Do?

Here's what we can do:

Act like a rhinoceros or a gazelle with pride and vigor.



**And of course, gazelles will always find each other ... so what's new.
Rhinos can find gazelles ... or rhinos can find each other.**

Find your own code.

(be sure to talk with your doctor)

Find your own you.

Rhino or gazelle!

But ... best of all ... we can find ourselves!

