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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Sweeping Up Worms

By Nan S. Russell

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With the opening of a new venture and numerous reporters arriving in an hour, it felt like one of those "chickens with heads off" days. We were close, but not ready. So like locusts to a wheat field, a swarm of people were devouring the last minute details. Then, it rained. With rain, came worms, hundreds washing onto the entrance sidewalk. When I returned to the area, I found a manager, several department supervisors and a director outside with brooms, sweeping up worms. No one asked them to sweep worms. But, with guests arriving shortly and no one else available, they found brooms and started sweeping.

They didn't get hung up over titles or roles. Instead, they did what needed to be done at the time. Their actions were what I call, ego-detached. Being ego-detached frees you to do what needs to be done because it's not about you; it's about something bigger than you. It's an attitude of contribution. How can I best serve today? How can I help? What can I contribute? Being ego-detached is taking the you (your ego) out of the picture. It's looking at the best result, not necessarily the result that's best for you.

But here's the twist. Being ego detached is not being ego-less. I heard Donald Trump talking about egos with Larry King on CNN recently. He commented that all the successful people he knew had big egos, defining ego as confidence or self-esteem. Certainly believing in yourself and having high self-esteem are qualities to help grow personal success. I'm not suggesting you shed either. Quite the opposite. You need plenty of confidence and self-esteem in order to be ego-detached.

I learned that lesson as a senior manager involved in a start-up company. One afternoon, the president saw me stapling information sheets in a conference room. After saying good-bye to his guest he came back and asked, "Nan, what are you doing?" After explaining why meeting a FedEx pickup was critical to an important corporate initiative and the number of people working to meet it, he offered to help. People who are ego-detached recognize that the best use of their time and talent can vary in the moment.

I used to marvel at colleagues of mine, other Vice Presidents, who delayed getting something to their boss because their executive assistant was gone for the day and it needed copying. I'm not talking

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about the stuff that can and should wait. It's those late night meetings when the boss says he'd like to review something that night and he needs a copy. Ego-detached people go to the copier, copy it and walk the copy back to their boss, regardless of title. It's how best they can serve at the moment.

If you want to be winning at working, don't let your ego dictate your actions, let the situation. Don't be afraid to sweep up worms from time to time. And don't be afraid to serve. As Tolstoy put it, "The vocation of every man and woman is to serve other people." That's ego-detached.

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Sign up to receive Nan's free biweekly eColumn at www.winningatworking.com. Nan Russell has spent over twenty years in management, most recently with QVC as a Vice President. Currently working on her first book, Nan is a writer, columnist, small business owner, and instructor.

Intestinal Parasites In Dogs

By Kirsten Hawkins

Dogs (and cats) often fall victim to several common intestinal parasites known as worms. There are a large number of different types of intestinal worms, but dogs are most commonly affected by tapeworms, roundworms, hookworms, and whipworms. These parasites live in the digestive tract (most commonly in the intestines) where they feed on nutrients, robbing the dog of the nutrition it takes in. Worm infestations can cause a variety of undesirable symptoms including vomiting, diarrhea, weight loss, and a generally poor appearance.

How do Dogs Get Worms?

There are a number of ways that a dog can wind up with an infestation of any of these types of intestinal parasites. An animal infested with any of these types of worms may pass the worms' eggs in its feces. This is a strong argument for picking up after your pet as often as possible and not allowing your dog to eat feces (something dogs will do) whenever you can. Tapeworm eggs can be spread by fleas. Fleas eat the eggs (quite a delicacy to a flea) and then pass them to a dog when biting it. Some roundworms will lie dormant in the body of a pregnant dog and activate just before it gives birth. The activated worms make their way into the intestines of the unborn puppies where they will thrive after the pups are born.

Detecting Worms in Dogs

Worm infestations can be difficult to detect. While some worms may be passed in the feces, betraying their presence, it is uncommon. If a dog is displaying symptoms that may indicate the presence of worms, a vet should be consulted. A stool sample will be examined for the presence of worm eggs (these are microscopic) and a medication called a "wormer" will be prescribed. Stool samples are often collected as part of a routine dog physical examination in order to check for the presence of worms. In the case of tapeworms, discarded tapeworm segments may be visible in the dog's feces or attached to

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the fur around the anus or under the tail. To the naked eye these may look like small bits of white rice.

Treating Dogs for Worms

When a dog is found to have an infestation of worms, it should be prescribed a wormer immediately by a vet. Depending on the severity of the infestation, the type of worms, and the likelihood of re-infestation, the treatment may need to be repeated one or several times. There are over-the-counter wormers available, but most vets do not recommend them because they are necessarily weaker and may not kill all types of worms and their eggs.

Intestinal worms can cause numerous health problems for dogs, up to and including death in extreme cases. Taking measures to prevent infestation, detect it as quickly as possible, and treat it accordingly can help keep your dog safe from these harmful parasites.

Kirsten Hawkins is a dog lover and animal expert from Nashville, TN. Visit

for more information on dog health, the care of dogs, and dog travel.



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