

Your Free Monthly Newsletter From Your Friendly Shredding Company
Helping You Stay Informed, Engaged & Protected



Your Free Monthly Shred & Med Waste News! October 2020

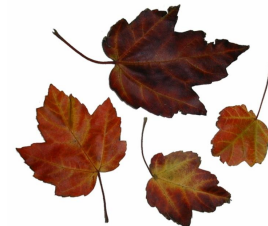
Your Monthly News & Updates

As the leader in information management, destruction and medical waste disposal, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

Visit Our
Website

Fall Special!

Mention Fall Special for 10% off a
Shredding Purge! *



For More Information See Below or Call Now:
772.222.3266

*Minimum of two bins. Work must be scheduled and performed in October.

No-Touch Friday Shred Events at Peter's Hardware

Every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" for your confidential documents and hard drive and media that needs to be destroyed.



When? Fridays from 9:30-10:30am

Where? Peter's Hardware, 975 SE Federal Hwy in Stuart FL (Across from the McDonald's on US-1)

What? All confidential documents, hard drives, and media

How Much? \$20/box (Cash only. Credit Cards for 5 or more boxes). \$25/hard drive if it's out of the tower. Extra \$10 to remove from the tower.

Important: Please place all your documents in your truck and remain in the car. Our Experts will do all the heavy lifting

Everything will be shred on-site!

**For More Information Call Now:
772.222.3266**

Congratulations to Richard on Baby Matthew!



Congratulations to our Shredding and Medical Waste Expert Richard and his wife Wendy on the birth of Baby Matthew Richard who was born on August 24. He weighed 8 pounds and is 20-1/2 inches. They are all doing great!

Congratulations to Matt on His Engagement!



Congratulations to our Medical Waste Expert Matt on his recent engagement to Jessica!

We're so excited for you both!

All Points is Proud to Sponsor Port St. Lucie Hurricane Soccer Club!



Most Effective Natural Sleep Aids

Nearly half of Americans report they sometimes have trouble sleeping. Natural sleep aids can be effective although you speak to your doctor before using them.



- Melatonin - Some research indicates melatonin can ease jet lag and help with those who have trouble falling and staying sleep. Side effects include headache, dizziness and nausea.
- Lavender - This smell can slow your heart rate, lower blood pressure and skin temperature making it easier to fall asleep. Try lavender scented oils in a diffuser in your room or add a few drops to your pillowcase.
- CBD Oil - This compound found in marijuana and hemp plants may take the

edge off and help you feel less anxious. Side effects include feeling nauseous.

- Kava - Kava helps with anxiety and can also be used for sleep. However, it has been linked to liver damage. Supplements made from the plants root not the stems or leaves may be safer.
- Glycine - This tiny amino acids can raise the amount of serotonin which helps aid sleep and blood flow. Studies show 3 grams before bed is safe.
- Magnesium - Having low levels of magnesium can cause it to be hard to fall or stay asleep. Women need 310-320 milligrams a day and men need 400-420 milligrams a day. Too much can lead to cramps and nausea.

Source: WebMD

Interesting Halloween Facts

- Trick-or-treating comes from the middle age tradition of dressing up in costumes and going door-to-door begging for food or money in exchange for prayers
- Halloween is the 3rd biggest party day after New Year's Eve and Super Bowl Sunday
- Over 93% of kids go trick-or-treating each year
- Halloween began as a pagan holiday honoring the dead. The origins come from a Celtic festival for the dead. They believed the ghosts of the dead roamed the Earth on this holiday so they dressed in costumes and left treats on their front door for roaming spirits.
- The original jack-o-lanterns were made from beets, turnips and potatoes - not pumpkins.
- There are no words in the English dictionary that rhyme with orange (the color of a pumpkin)



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www.shredwithme.com

STAY CONNECTED:



