

ALL POINTS
mobile shredding



ALL POINTS
medical waste



October Newsletter

Your Free Monthly Shred & Med Waste News!

Visit our website



Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering a Shred Event for you:

- Confidential Documents
- Hard Drives

EVERYTHING IS SHRED ON SITE!

FRIDAYS FROM 9:30AM-10:30AM

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

*\$20/ Box. \$25/hard drive.
(CASH only. Credit Cards for 5 or more boxes)*

October Special!

10% off Destruction of 5 or More Hard Drives

*Valid only if booked & performed in month of October.



Are You Compliant? We Can Help!

All Points offers on-line compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire & Electrical Safety & Hand Hygiene.

**For More Information,
Call 772.222.3266**

**New Research on Avoiding
Alzheimer's Disease**



IRS Leak: 120,000 Taxpayer's Confidential Info Published

The Internal Revenue Service (IRS) accidentally exposed the confidential financial records of over 120,000 taxpayers. They have since removed the information.

The Treasury Department submitted a letter to the Homeland Security Chairman stating the IRS "recently identified an inadvertent and now-corrected disclosure of a subset of Forms 990-T." This is a form used by tax-exempt entities to report income unrelated to their tax exempt status.

The data included financial information about IRA's, but did not include Social Security Numbers or other sensitive information.

More details will be forthcoming in the next 30 days.

Source: US News



**Safely Destroy Old Hard
Drives!**

The only way to guarantee



A recent study discovered a toxin secreted by the human gut that contributes to Alzheimer's. The toxin is a neurotoxin secreted by the intestines and leaks from ruptured bowels entering the blood stream with the capability of entering the brain.

The toxin inflames the brain cells and prevents the production of a certain protein the brain requires to function properly.

The study found that Alzheimer's patients have a higher level of bacteroidetes in their gut and lower levels of beneficial bacteria.

Maintaining healthy microbiomes in your gut and reducing harmful bacteria is a key to preventing Alzheimer's. 57% of gut bacteria is affected by diet.

The Western diet based on animal protein and fat causes higher counts of bacteroidetes, leading to high rates of Alzheimer's

Those who consume high fiber fruits, vegetables and legumes have low levels of bacteroidetes and in turn lower levels of Alzheimer's.

The top foods for prevention seems to be almonds as well as hazelnuts, walnuts, macadamias

that everything on your old hard drive has been destroyed is to SHRED them!

- Hard Drives Can Have Millions of Pages of Documents
- 1 Terabyte is Estimated to Have 100 Million Double Sided Pages
- It is Cost Effective to Shred Hard Drives
- It Guarantees Peace of Mind

[Click Here To Learn About Hard Drive Destruction!](#)

Call Now for a Free Quote 772.222.3266

and pistachios.

Top Foods to Avoid for Gut Health:

- Pizza & cheese
- Whole and reduced fat milk
- Meat products
- Cookies and other grain desserts
- Fast food

Source: Epoch Times

“If you want to lift yourself up, lift up someone else.”

-Booker T. Washington



Oregano and Your Immune System

Oregano can actually boost your immune system and help fight colds and support good gut microbiome. Today it has become one of the most widely used herbs in the world.

Oregano is high in phenols which have great antioxidant effects. It also has high levels of Oxygen Radical Absorbance Capacity (ORAC) which can help slow the process of aging.

A 1999 study from the Department of Agriculture reported that high ORAC foods can help prevent memory loss.

Not only can you reap these benefits by cooking with oregano, but oregano oil is widely used and available. Oregano oil has been shown to successfully treat fungal infections like athlete's foot and ringworm.

Source: Marcela.com



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