

ALL POINTS
mobile shredding



ALL POINTS
medical waste



January Newsletter

Your Monthly Shred & Med Waste News!

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Friday Shred Event at Peter's Hardware

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

- 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)*

January Clean Out Special!

10% Off 250 boxes or more

*Must be booked and performed in the month of January.



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**



All Points is Proud of our Over 250 5-Star Google Reviews!



All Points Mobile Shredding and Medical Waste loves to delight our clients!

We believe our reviews speak for the level of service we provide.

We are proud of our over 250 5-Star Google Reviews and very thankful to our wonderful clients who provided them!

[Click Here To Read Our Google Reviews](#)

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How Long Should You Retain Old Bills?

Most bills only need to be held onto for a year or less. However, these bills can be shredded sooner, but make sure you are not just throwing them in the trash. Here are some you can shred right away, unless you need them for deductions on your taxes.

[Click Here to Learn About On-Site Mobile Shredding.](#)

1. **Your Monthly Phone/Electric/Cable Bill** - once you know it is accurate you can shred it.
2. **Credit Card Statement** - once you confirm the charges are correct, you can shred it.
3. **Medical Bills** - Once you verify your health insurance company has paid the bill, you can toss it in the shredder.
4. **Investment/Retirement Account Statements** - save these until you get the end of year statement, at which time you can shred the monthly ones.
5. **Bank Statement** - Once you know your statement is correct, you can shred it.

Top 5 Reasons To Use a Document Shredding Company in 2024

1. **It's More Cost Effective** - the hidden costs of having your own paper shredder can be easily overlooked. You have to pay someone to stand over the office shredder, while a professional

6. **Pay Stubs** - After you reconcile these with your W2 at the end of the year, you can shred them (unless you may be applying for a mortgage soon and need proof of the last 2-3 months pay).

Source: Consumer Reports



Benefits of Waiting to Have Your Morning Coffee

It turns out that postponing your first cup of coffee can be beneficial to your health. Coffee doesn't create more energy in our systems, according to neuroscientist Andrew Huberman. Instead, it borrows from our future selves. Caffeine doesn't create a surge of energy. Rather, it conceals your fatigue symptoms and inhibits your brain from releasing chemicals to induce tiredness.

Avoiding caffeine until after you have exercised allows your body to rid itself of adenosine, a chemical in our bodies that encourages rest.

Our cortisol levels peak one our after waking helping us to start our day alert. Waiting to have coffee until after this peak can improve alertness.

Caffeine disrupts the circadian rhythm and can interrupt sleep patterns. A slight delay in morning coffee can support consistent circadian rhythm improving sleep

shredding company can shred 200 pounds in only 5 minutes. There is also the added cost of your personal machine's repairs and jams.

2. **It's HIPAA, FACTA, GLBA Complaint** - It's critical for businesses to adopt a "shred everything, all the time, in the same manner" policy to avoid a data breach and be covered in the event you do experience one.
3. **On-Site Shredding is the Most Secure Method** - office shredders often have strip cut shredders which allow identify thieves to still read what is on the shredded paper. Professional on-site document shredding companies use cross-cut method with much smaller particle size.
4. **It Can Save Your Reputation and Thousands of Dollars** - Any size business is susceptible to a data breach. Fines can be \$3,000 per day and more as well as lose the trust of clients.

Source: Wired

"Thinking is the hardest work there is, which is probably the reason why so few engage in it."

-Henry Ford

quality.

Experts agree that the ideal time for coffee to increase alertness and ensure good quality sleep is 1-1/2 to 2 hours after waking up.



Source: Epoch Times



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DESTRUCTION - Click Here to
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[Call Now for a Free Quote
772.222.3266](#)

“No change of circumstances can repair a defect of character.”

-Ralph Waldo Emerson



How To Succeed at Intermittent Fasting

Recent research has found that fasting (not eating) for 14 hours a day and limiting food intake to just 10 hours a day can improve sleep, mood and energy levels and health. New research indicates it can also help with chronic insomnia and help with sleep.

This form of fasting allows you to still have 3 meals a day and is easier to sustain. If you have your first meal at 8am, your last meal should be finished by 6pm with only water after that.

A study in Nature Medicine in April 2023 found that those following the 14 hour intermittent fasting also reduced the risk of Type 2 diabetes. The New England Journal of Medicine in 2020 looked at 3 different fasting models and determined intermittent fasting can alleviate chronic diseases and effects on obesity, diabetes, cardiovascular diseases, cancer and neurodegenerative brain disorders like Alzheimer's and Parkinson's diseases.

Give your body 2-4 weeks to adapt to fasting. At first you may experience hunger and irritability but after that, it becomes much more manageable. Any symptoms like initial hunger, headaches, fatigue or nausea usually subside in 2-4 weeks.

Source: The Epoch Times



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