

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



Your Free Monthly Shred News! June 2017

Your Monthly News & Updates

As the leader in information management and destruction, 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](#)

We've Moved!

All Points Mobile Shredding & All Points Medical Waste has moved to a new location.

New Location:
505 SE Central Parkway
Stuart, FL 34994

Please call for drop off **772.222.3266**



Summer Shred Special

How long do you really have to keep those documents?

[Click Here for Record Retention Schedules](#)

Get One Month FREE

With a 12 month contract, get your 13th month of shredding or medical waste for FREE! **772.222.3266**



Did you know All Points can handle your **medical waste disposal** needs too?

[Click Here For More Information About Our Current Special](#)

Face-to-Face Request 34 Times As Effective as

Email

Most people believe that making a request, say for a charitable cause, or to attend an event, would be more effective by e-mailing 200 of your friends than asking a few in person. Recent research from Western University recently published in the *Journal of Experimental Social Psychology* shows that an in person request is 34 times more effective.



You will have to ask 6 people in person to get the same results as a 200 person e-mail request.

People are far more likely to agree to do things like complete a survey, donate money, or comply with requests when asked to do so in-person. Interestingly, people seem to believe e-mail is more persuasive.

The bottom line is that if you really want to mobilize people, abandon an e-mail request in favor of an in-person plea. Good old fashion face-to-face communication is still the most convincing! In fact, 34 times as convincing to be exact!

Source: Harvard Business Review

Does Apple Cider Vinegar Have Health Benefits?

Apple Cider vinegar is one of the most popular health foods being consumed today. Here are some of the most popular health uses.



1. **Sore Throat** - Many people swear by the benefits of apple cider vinegar for coughs and sore throats. Experts recommend that if you take apple cider vinegar to ease a sore throat, that you do it with some water and honey to relieve any burning it could cause in your already sore throat. You don't want to inhale the fumes and drinking it straight could burn your esophagus.
2. **Weight Loss** - In a study where 175 "heavy" individuals drank some apple cider vinegar for 12 weeks, they lost 2-4 pounds more than the placebo group who did not use it. It's suggested to use the cider vinegar on salads and be consistent daily.
3. **Skin, Hair & Nails** - The Internet is full of remedies for acne, skin infections and warts. A spokesperson for the American Academy of Dermatology states that apple cider vinegar will dry out pimples, lighten dark spots and even be used as a skin toner if mixed with water. Mixing 1/4 cup cider vinegar and 3/4 cup water, then soaking hands is known to prevent paronychia, a common infection in the cuticle.

Source: CNN

The Truth About What's In Your Trash

The Supreme Court has ruled that there is no privacy in

one's trash. This means it is not illegal for identity thieves, or the media, to sort through your trash.



In his book *"the Truth About Identity Theft,"* Jim Stickley talks about how for years his job was to sort through individuals and businesses trash to discover just what they were throwing away.

What's In the Trash

What Stickley found is shocking. Simply by putting some rubber gloves on and sorting through the trash, he was able to compile a list of employees service providers, account numbers and service address. He could not only gain access to these key employees lives, but he now had the power to take over their lives. He was literally able to access their credit card accounts and open new accounts if he had chosen to. He also found key company information and private customer information in the trash.

Simple Solution

Stickley states there is a simple solution to this. Shredding. He says to shred everything. And, don't confuse recycling with shredding. Recycling is no more secure than throwing the items into the trash.

Are You protected?

Stickley learned that the amount of confidential information found in the trash is directly connected to the priority that an organization places on having its employees shred documents.

It's best to have a locked shred container within reach of each employee. One per floor is not enough to prevent employees from simply tossing private information into the trash.

Shred Everything, All The Time, In the Same Manner

National Association for Information Destruction President, Bob Johnson, states the best policy is to "shred everything, all the time, in the same manner." If you ever experience a breach, this policy is your best protection from liability and fines. It also eliminates confusion of what is and is not considered confidential for employees.

Stickley suggests that you get some rubber gloves and head out to your own dumpster. You'll likely be shocked and concerned by what you find in your trash.

Source: Today.com

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