



Your Free Monthly Shred News! October 2016

Your Monthly News & Updates

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Should You Worry About Wi-Fi Radiation?

Electromagnetic radiation at high frequencies can cause tumor growth and cancer. Research shows the more distance you can put between you and your Wi-Fi router the better.

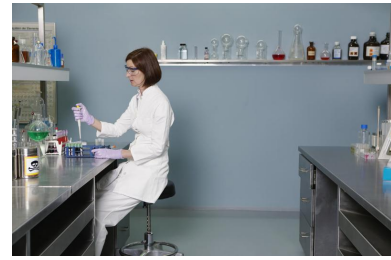
"During a call, your mobile phone is transmitting steadily at a strength maybe 100 times more powerful than Wi-Fi, and you're holding the phone right against your head, and we still don't find any health issues with that level of exposure." (The World Health Organization and the International Agency for Research on Cancer have classified mobile phones as a "possible carcinogen," which means there's currently not enough research to say cell phones cannot possibly cause cancer.



[Read More About Wi-Fi Radiation Concerns](#)

Floor Food Not As Safe As You Might Think

Do you say "five-second rule" when you drop food on the floor? Rutgers University microbiologists say that although it's questionable, there is some truth behind the legendary "Five-Second Rule". Their study concluded that longer contact times result in transfer of more bacteria. Bacteria such as E. coli, salmonella and listeria need moisture to survive. If you drop pretzels on dry tiles, they're safer than dropping them on a wet surface. Think twice about your floor food the next time you say "five-second rule".



Tips to Help Make the Most of Fall

Most people view the summer as a slow-paced time of year. With the turn of season, don't become overwhelmed with more commitments and obligations. Schedule a break to regroup and gather yourself with these ideas:



- Take a minute to reflect on what you're thankful for. Refocusing your energy towards priorities can help uplift your spirit.
- We limit TV time for our children, so why not do the same for ourselves? It will help you think of new creative ways to spend your time.
- Create your own coffee break. A short escape can help you enjoy the task more.

[Click here for more ways to keep your summer pace this Fall season.](#)

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