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Helping You Stay Informed, Engaged & Protected

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## Your Free Monthly Shred & Med Waste News!

October 2019

### 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

## Halloween Hard Drive Special

Get 10% off your **HARD DRIVE** Destruction  
(when you shred 10 more)



**Are you in Healthcare?**

**Call us today for a quote for medical waste disposal!**

Records kept beyond their required length of time, become a liability.  
How long do you really have to keep those documents?

[Click Here for Record Retention Schedules](#)

**Did you know All Points offers?**

- On-Site Document Shredding
- Hard Drive and Media Destruction
- Medical Waste Disposal
- On-line Compliance Training (HIPAA, BBP, DOT, OSHA)

**Call Now:  
772.222.3266**

## Are You Stockpiling Your Hard Drives?

Business often stock pile old hard drives in closets, warehouses, or offices. Even when locked up, this presents a big risk to both your business and your customers.



A recent survey found that 53% of US businesses mistakenly believe that erasing, wiping or degaussing their devices was sufficient. 17% reported they simply recycle their old devices. 12% said they did not know how their companies disposed of their hard drives and electronic media, including smart phones, copy machines or hard drives.

Recently an encrypted laptop was stolen from the car of an employee of a hospital resulting in 55 patients' confidential information being stolen.

Don't become a victim of a preventable catastrophe. Make sure you are properly disposing of old hard drives by shredding your hard drives. Here is a list of what you can and should be destroying:

- Hard Drives (laptops, desk tops)
- Floppy Disks
- Back Up Tapes
- Smart Phones
- CD's, DVD's

[Click Here to Learn About Hard Drive Destruction with All Points](#)

## Is A Ketogenic Diet Good For You?



A Ketogenic diet is the newest diet go-to. It is a diet high in protein and fat and low in carbohydrates. It puts your body into ketosis. But, is it healthy? Here's some facts:

- **Weight Loss** - It is a diet focused on weight loss rather than health. However, it has proven successful in conditions like epilepsy and sometimes heart disease or type 1 diabetes.
- **Caner** - On this diet, you body will make less insulin which can protect you against cancer
- **Heart Disease** - It has shown to raise good cholesterol and lower bad because the lower levels of insulin can stop your body from making more cholesterol.
- **Acne** - Because carbohydrates are linked to acne, this diet acan help stop acne breakouts.

- **Diabetes** - Low carb diets tend to keep blood sugar lower and more predictable. But on this diet your body makes ketones and too many of them can make you sick.
- **Nervous System Diseases** - Ketogenic diets have shown to help Alzheimer's and Parkinson's diseases and Epilepsy.
- **Exercise** - It may also increase endurance in athletes.

However, side effects need to also be noted. This diet can cause constipation, low blood sugar, indigestion and even kidney stones, bad breath and fatigue.

Consult your doctor before beginning this or any diet.

**Source: Web MD**

## Interesting Halloween Facts

- Halloween is the second most commercially successful holiday. Christmas is first.
- The fear of Halloween is called Samhainophobia.
- Chocolate candy bars are the most popular candy sold on Halloween. Snickers are first.
- Halloween candy sales account for \$2 Billion annually in the US.
- Jack o' Lanterns originated in Ireland. People would place candles in hollowed out turnips to keep spirits and ghosts away.
- Orange and black became Halloween colors because orange is associated with Fall and black with darkness and death.
- The movie "Halloween" was made in just 21 days and on a very limited budget.



Source: Halloween-website.com

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