



March Newsletter

Your Free Monthly Shred & Med Waste News!

Visit our website



No-Touch Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" 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)*

March Special!

One Month FREE*

Shredding or Medical Waste with
an Agreement!

*Valid if Agreement signed in March 2022.

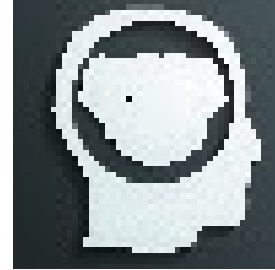


Are You Compliant? We Can Help!

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**

Turmeric Heals The Brain



New research reveals that the brain can actually regenerate.

German researchers looked at the effects of curcumin, which gives turmeric its rich gold hue, on neural stem cells ("NSC"). NSC are the brain cells capable of self-renewal need for brain healing. It found they produced brain repair and healed a damaged brain.

So what type of turmeric is the best? The whole plant has the widest range of therapeutic compounds and works best to counter inflammation. However for those looking to an effect on arthritis, a compound with curcumin is ideal.

Scientists suggest that adding fresh turmeric to smoothies is a better idea than capsules.

Source: Food As Medicine

Solving Problems While You Sleep!



Deep sleep is responsible for much of our problem solving. A new study shows that getting deep, uninterrupted sleep can actually improve your memory.

According to the Sleep Association, there are several things you can do to increase the amount of deep



Why This Month Was Named "March"

The word march comes from the Latin word Martius, the Roman god of war. It was the beginning of the season for warfare.

Interesting Facts About St. Patrick's Day

- Shamrocks are the national flower of Ireland
- The color of St. Patrick's Day was originally blue
- Beer is the most widely consumed beverage on St. Patrick's Day
- 1962 was the first time Chicago dyed its river green for St. Patrick's Day
- The odds of finding a 4-leaf clover are 1 in 10,000
- The first US St. Patrick's Day celebration was held in Boston in 1737

Source: Proflowers.com



sleep you get.

First, allow yourself adequate time to sleep. Most people deprive themselves of total sleep.

Second, build in "vigorous exercise" into your daily routine. Several studies show it increases deep sleep.

Third, follow a healthy diet, particularly one low in carbs and high in vegetables.

Source: Best Life

**Call Now for a Free
Quote 772.222.3266**

Lifestyles of Long Lived People



Nearly all people who live to their 110th birthday are free of major age-related diseases like dementia or diabetes. They usually pass away peacefully, such as during a nap.

Our lifestyle choices make the greatest impact on our longevity. Regions of the world with the most people living over 100 report the following lifestyle

choices:

- **Movement** - Long lived people get lots of exercise from working in the garden, walking, and bike-riding.
- **Purpose** - Instead of retiring, they embrace jobs they love such as taking care of gardens, volunteering or taking care of grandchildren.
- **Love** - Expressing gratitude and sharing love is a hallmark of the those living past 100 healthfully.
- **Powerful Foods** - They report eating foods like coconut, cocoa, greens, fennel, sardines, seaweed, ginger, garlic, olives, and avocados.

Source: Age Well



