



June 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)*

June Summer Special!

*Shred 3 Boxes, Get 4th
FREE at Friday Shred
Event**

*Valid for month of June only.



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**

**Letter From Our New Vice
President Fred Cowser!**



Summer Joint Pain

Summer months can cause joint pain to worsen. It could be due to the fact that we don't move our joints much during winter and spring.

To relieve joint pain, exercise is a must. Movement lubricates your joints and pumps nutrients into the cartilage.

If your joints are sore due to overuse, make sure you warm up with stretching exercises. Consider applying menthol or camphor.

Joint pain due to arthritis causes pain in over 50 million adults. Consider an anti-inflammatory diet and eliminating "white" foods and sugar. They both contribute to inflammation.

Glucosamine and chondroitin have been known to help stop the loss of cartilage, which can contribute to osteoarthritis.

Grape seed extract may also be beneficial to treat bone destruction caused by inflammation.

Source: Melaleuca

I would like to introduce myself. . .

My name is Fred Cowser and I was born and raised in the Colorado/Wyoming area but elected to go to college in Florida to get away from the cold.

After receiving my Real Estate degree from Florida Atlantic University, I moved back to Wyoming to work in the family low voltage business.

While part of the family business, we expanded from Colorado, Wyoming and Nebraska to Missouri, Kansas and Oklahoma.

After 15 plus years of working in the family business, we made the decision to sell and explore other opportunities.

It was then that I found this position with All Points Mobile Shredding and Medical Waste.

While I do enjoy college football and time with family, I am really excited to get back to work with a family business.

Welcome Fred!

Tips to Boost Your Credit Score



Need to up your credit score? It's important to understand the meaning of "credit utilization." It's



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best understood with this formula: Available credit limit divided by credit card debt equals Credit Utilization. Here are some tips:

1. Keep your Credit Utilization under 30% by either paying off your balance or requesting an increase in your credit limit.
2. Ask for a "Goodwill" Deletion - If you have a good past credit history, ask for a one time removal of any late payments reported.
3. Credit Mistakes - Review your credit report to see if there are any mistakes in your address, make or other information. This can lower your score.
4. Consider Retaining a Credit Boost Company - Experian and other similar companies can help you rebuild your credit.

Source: Experian

5 Food That Suppress Your Appetite



Certain foods can actually help control appetite. Rather than take an appetite suppressant, why not do it naturally with foods proven to reduce hunger?

- **Black Pepper** - Its benefit comes from piper nigrum, which can potentially fight cancer and obesity. In a study involving black pepper, researchers found that a black pepper beverage may even suppress appetite. while increasing the feeling of fullness.
- **Fennel** - this plant has known antioxidant, anti-inflammatory and antibacterial properties. Studies show fennel can also reduce the rate that food is stored as fat. Drinking fennel teas also suppress appetite.
- **Spinach** - Spinach extract contains thylakoids that reduce hunger by up to 95% and increase weight loss by 43%. In fact, drinking thylakoids before breakfast reduces cravings all day.
- **Flaxseed** - This food is rich in fiber and omega-3 fats. In a study, a small dose of flaxseed fiber surpassed appetite and increased energy intake.

Source: GreenMedInfo.com



All Points Mobile Shredding & Medical Waste
772.283.4152
clientcare@allpointsprotects.cm
allpointsprotects.com

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