



February Newsletter

Your Monthly Shred & Med Waste News!

Visit our website



Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering a Shred Event for your:

- 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)*

February Special!

Become a Recurring Client and Get One Month Free!

*Valid for shredding or medical waste. Must sign a 3 year agreement and one month will be free (up to \$200 value).



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**

Why You Should You Be



Tax Information for Filing



Because April 15 falls on a Saturday, this year, people have until April 18 to file their taxes for 2022. Those requesting an extension will have until October 16, 2022.

The IRS suggests filing electronically to avoid a delay with any refund.

If you made less than \$73,000 you can qualify for free help filing your taxes. See the IRS website for information.

To avoid long wait times on the phone, the IRS suggests using their free online resources.

Source: IRS

[**WE OFFER HARD DRIVE
DESTRUCTION - Click Here
to Learn More**](#)

**Call Now for a Free Quote
772.222.3266**



Intermittent Fasting



Intermittent fasting is the ability to control calories and fast for periods of time, which has been proven to delay the aging process and reduce inflammation.

There are 3 types of intermittent fasting:

1. **One Meal a Day** - Here you drink water, black coffee and low calorie drinks for a 20 hour period and then consume a high calorie meal one time per day in the remaining 4 hour period.
2. **Time Restricted Eating** - This involves limiting the intake of food to a set window. Many believe 18 hours is better than 16 hours of fasting.
3. **5:2 Diet** - This method involves 5 days of regular eating (3 meals/day) and eating fewer than 500 calories for 2 consecutive days.

Here are the reasons to try intermittent fasting and the associated health benefits:

- **Anti-Aging** - Eating less can help suppress the inflammatory response and produce fewer free radicals.
- **Weight Loss** - Fasting 10-14 hours or more helps the body consume glycogen first and



Remote Working Increases Data Breaches

Data breaches damage a company's reputation, result in fines and penalties and expensive litigation.

Remote working has increased by 44% in the past five years.

One of the effects of remote working we are seeing is an increase in company data breaches because remote working makes companies more vulnerable. Lack of security and proper training is the culprit.

It's critical that companies are conducting cybersecurity training and teaching employees to strengthen passwords. Cloud storage and using the latest software is also critical.

Source: Forbes.com



Cold Showers - Are they Good?

A study of 3,000 people in the Netherlands discovered that the people who took a cold shower daily for one month reported 29% less sickness. The duration of the cold shower did not matter (15-30 seconds was sufficient).

Research suggests it can boost your immune system. It raises your heart rate and blood pressure activating the "fight-or-flight" response. This has been shown to increase good hormones and improve circulation.

The study noted that those with heart disease should be cautious

then fat, which is helpful because overeating causes the liver to turn the excess glucose into fat.

- **Reducing Chronic Disease** - During fasting, our bodies self renew and recover DNA and ATP which reduces inflammation.
- **Increases Endurance** - Studies also show better balance and coordination.
- **Prevents Cancer** - It can reduce risk of tumors and inhibit tumor growth.
- **Inhibits Alzheimer's & Parkinson's** - It promotes neuron remodeling that stimulates cell renewal.
- **Reduces Immune Disease** - By reducing inflammation patients with MS have experienced improved symptoms.
- **Reduction in Concussion Symptoms** - Fasting repairs damage like memory loss, lack of concentration and behavior issues from brain injury.

Source : Epoch Times Health

because it can have a negative effect.

Source: Medical Xpress



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