



December Newsletter

Your Monthly Shred & Med Waste News!

Visit our website

YOUR TRUSTED SECURITY & COMPLIANCE COMPANY



Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering a Shred Event 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 or Check only)*

End of Year Purge Savings!

SAVE 10% on End of Year
Clean Out Purge!

Must be over \$800 purge and
scheduled and booked by
12/31/24



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**



Inside Contractor Breaches Florida Gulf Coast Business

The U.S. Department of Health and Human Services (HHS) fined Gulf Coast Pain Consultants, which does business as Clearway Pain Solutions, \$1.19 million after it was revealed that an insider breach impacted 35,000 people.

Gulf Coast Pain reported that a contractor they engaged from May to August 2018 to provide business consulting services continued to access their medical records. The contractor was accessing the database in 2019 for fraudulent Medicare claims. The former contractor was later indicted.

The compromised data included patient names, addresses, phone numbers, e-mail addresses, Social Security numbers and other health information.

Source: Epoch Times

All Points is Proud of our Over 375 5-Star Google Reviews!



All Points Mobile Shredding and Medical Waste loves to delight our clients!

We believe our reviews speak for the level of service we provide.

We are proud of our over 375 5-Star Google Reviews and very thankful to our wonderful clients who provided them!

[Click Here To Read Our Google Reviews](#)

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Essential Oils Boost Immunity and Decrease COVID Symptoms

Studies reveal that some essential oils can target viruses, including the one that causes COVID-19. The following essential oils are



Epsom Salt's Surprising Uses

Epsom Salt is comprised of magnesium and sulfate, which is actually quite different from table salt. It was discovered in Epsom, England, where it gets its name. It actually has many uses and is very inexpensive.

Soothes Achy Muscles - Add 1-2 cups of to a warm bath and soak for 15-20 muscles.

Body Scrub - Mix with some coconut or olive oil to make an exfoliating scrub.

Splinters - Mix with warm water and soak to bring splinter to surface and relieve swelling.

Plants - Sprinkle 1-2 Tbsp at base of plant because it contains essential minerals for plant growth.

Revitalize Feet - Add 1/2 cup to warm water and soak feet to soften calluses and relieve sore feet.

Clean Tile & Grout - Mix with Dawn soap to clean without using harsh chemicals

Clean Pots & Pans - Sprinkle on pots and pans that have food stuck on them and scrub.

recommended:

Oregano Oil - Has antibacterial, antiviral and anti-fungal properties and can inhibit SARS-CoV-2 Delta variant.

Citrus Oils - Contains limonene, which is antioxidant, anti-inflammatory, anticancer and pain blocking.

Frankincense Oil - Has antimicrobial, anti-tumor, and anti-inflammatory effects that may help with colitis.

Lavender Oil - Enhances immune function and helps fight Strep.

Cinnamon Oil - Has antiviral, anti-inflammatory, antioxidant, antidepressant properties.

Eucalyptus Oil - May have immune supporting properties used to treat respiratory issues.

Rosemary Oil - Used for anti-inflammatory properties. Rosemary water has been found to help lower risk of COVID infection.

Source: Epoch Times



"I am indebted to my father for living, but to my teacher for living well."

-Alexander the Great

Eliminate Garden Pests - Sprinkle around plants to keep slugs and snails away.

Source: Epoch Times



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

Call Now for a Free Quote 772.222.3266

"It is not the mountain we conquer but ourselves."

-Edmund Hillary



Fun December Facts

- This year, Hanukkah will begin on Christmas, December 25.
- Hanukkah lasts for eight days and is also called the Festival of Lights, because the Maccabees only had enough oil for light for one night but it miraculously burned for 8!
- Germans were likely the first to bring Christmas trees into their home to decorate with lights and cookies.
- On Hanukkah, a menorah holds 9 candles. Eight represent each night the oil lasted and the 9th is called the shamash, which is the candle that lights all the others.
- Santa Claus comes from St. Nicholas, a Christian bishop known for giving away his wealth to help the needy.
- Dreidel is a game where you spin a top containing Hebrew letters and you can win "gelt" which can be real coins or chocolate.
- Santa was always seen wearing a blue, white and green suit until Coca Cola made his suit red.
- Unlike Christmas, Hanukkah never falls on the same day each year. It's on the 25th month of Kislev on the Jewish calendar but it varies because the Jewish calendar and the Gregorian calendar are not in sync.

Check out our 5-Star Google Reviews Here!

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