



January 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)*

New Year's Purge Savings!

SAVE 10% on New Year Clean Out!

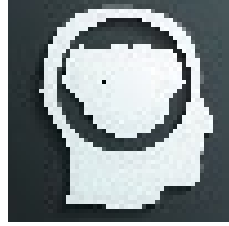
Must be over \$1,000 purge and scheduled and booked by 1/31/25



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**



Your Brain Was Designed to Tell the Truth

Human nature often urges us to stretch the truth, exaggerate, or even lie. However, recent studies suggest, that bending the truth can strain the brain and be detrimental to our health.

Dr. Jonathan Corson suggests an attitude of gratitude to reduce health problems. Embarking on a journey of thankfulness and honesty, with yourself and others, has been found to eliminate headaches and migraines and lead to a better overall health.

Turns out lying spikes cortisol, which is the body's stress hormone. It activates the fight or flight mechanism that perceives threats. These stress hormones can be hard on the cardiovascular system, increase inflammation and even cause migranes.

The best advice from Dr. Corson is to pause before speaking to determine if your words are really sincere. Do they represent your true feelings? Being truthful allows you to be stress free and eases anxiety. Research shows the bigger the lie the more taxing it is on your body.

Make 2025 a year of stress free gratitude, truth telling and great health!

All Points is Proud of our Over 375 5-Star Google Reviews - Consider Leaving One



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](#)

[Click Here to Leave All Points a 5-Star Google Review!](#)



Biggest Data Breaches of 2024

The average data breach now costs \$4.9 million. Ransomware costs average \$5.2 million. Almost 70% of breaches involve human error, such as falling victim to phishing scams. Companies took on average 194 days to identify

Source: Epoch Times



How to Properly Fast

The absence of calories causes the body to use up stored energy, which is called glycogen. After that, the body begins to break down fat., which causes the body to enter into ketosis.

Here are some of the benefits of fasting:

Weight Loss -While in ketosis your body becomes very efficient at burning fat.

Metabolic Health - Fasting improves metabolic health and lowers insulin levels. After 14 hours of fasting the benefits of intermittent fasting kick in and fat burning begins.

Cell Damage Repair - This process of breaking down and recycling cell damage is called autophagy and starts after 20-24 hours of fasting. It's even better after 48 hours.

But, what constitutes fasting and what breaks a fast?

Black coffee or tea are okay while fasting. However, adding full fat cream or sugar or MCT oil will break the fast in terms of calories, but it can still keep you in ketosis and promote weight loss and fat burning, if that is your goal.

Electrolytes that do not contain

data breaches. On average, it took 64 days to contain each breach. Here are the top breaches of 2024:

1. **National Public Data** - 2.9 billion records were lost in this breach impacting over 1.3 billion individuals.
2. **AT&T** - AT&T had 2 breaches. The first resulted in 110 million records lost and 73 million were lost in the second.
3. **Patelco Credit Union** - Financial accounts and credit reports of over 726,000 records occurred.
4. **Community Clinic of Maui** - A healthcare organization experienced a leak of patient data including security numbers, passport and names.
5. **Infosys** - This outsourcing company had a data breach resulting in 8.5 million records compromised, resulting in losses of over \$30 million.
6. **United Health** - Millions lost private data that impacted close to one third of Americans, which included medical histories and financial accounts.
7. **Young Consulting** - A ransomware attack resulted in 1 million contracts, plans and employee records being leaked.
8. **Ticketmaster** - 40 million records were leaked when data thieves stole personal data from one of the world's largest entertainment company.
9. **Evolve Bank** - Stolen data was posted on the dark web, which was used for identity theft.
10. **Dell** - This software giant that has 49 million customers and 10,000 employees lost the data of 49 million customers

calories can be consumed during fasting. In fact, they are recommended during fasting to maintain energy during extended periods of fasting.

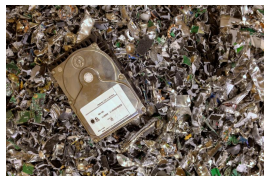
Artificial sweeteners and sugars should be avoided during fasting. Research has found they they have negative metabolic impacts.

Chewing gum can have trace amounts of artificial sweeteners and can interfere with fasting. Many prefer gum during fasting for breath freshness, which is okay and won't interfere too much with your fast if you feel you need it.

Sipping on bone broth does not significantly break a fast and can be a great way to help you stick to it.

Consider fasting one day a week, or even start with one day a month for a 24 hour period.

Source: Epoch Times



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in two data breaches during 2024.

Source: Epoch Times



"The eye sees all, but the mind shows us what we want to see."

-William Shakespeare

"The best way to find yourself is to lose yourself in the service of others."

-Mahatma Gandhi

"Kindness is the language which the deaf can hear and the blind can see."

-Mark Twain

The Amazing Amino Acid Called L-theanine

Tea leaves contain an amino acid called L-theanine, which has some incredible health benefits, such as antioxidants, anti-inflammation, neuroprotection, and anti-cancer protection.



Here are some of the benefits of L-theanine.

Reduces Anxiety and Stress - L-theanine offers a natural way to manage anxiety and stress. Research found that green tea with L-theanine helps manage stress. Findings suggest that 200-400 milligrams a day result in maximum benefits.

Increased Brain Waves - Alpha waves are one of five types of brain waves. Studies show that L-theanine has a direct impact on the brain that increases alpha brain waves, which causes the brain to relax without causing drowsiness.

Consider trying tea or neurogum with L-theanine to experience these health benefits.

[Check out our 5-Star Google Reviews Here!](#)

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