



October 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)*

**October Special!**  
**SAVE \$25 - For New Customers. Give All Points a Try!**  
**Save \$25 on a purge of \$300 or more!**

\*Must be booked in the month of October.  
Not valid to services already quoted.



#### 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**



## Major Data Hack Causes Experts to Warn Florida Residents to Be Cautious

Over 2.9 billion records may have been exposed after a widespread hack of the Florida-based National Public Data network. National Public Data performs background checks. In the data breach, hackers are alleged to have stolen unencrypted information and subsequently released that data on the dark web.

McAfee's Chief Technology Officer stated he believes this may be one of the worst data breaches in history. What makes this breach stand out is the number of records breached - close to 3 billion records.

The data exposed include home addresses, Social Security numbers, dates of birth, phone numbers and other personally identifiable information.

It is recommended that you monitor your credit. According to USA.gov, if you believe your identity or personal data has been stolen, you should place a freeze on your credit to protect

## 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](#)

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



## 7 Foods to Stop Hair Loss and Graying

Genetic factors can't be altered, however research proves that our hair health can be improved by diet.

These are essential diet habits to promote healthy hair:

against fraud.

Source: ABC News



## Oats Promote Fullness in a Way that Rivals Ozempic

Ozempic, the popular drug that lowers blood sugar and suppresses appetite, has become a phenomena in the weight loss world.

New research shows that eating high fiber foods like oats can make you feel fuller and even mimic the effects of Ozempic.

Oats are exceptional at providing a feeling of safety and can promote weight loss. However, they are not as powerful as Ozempic, which is a brand name for semaglutide that imitates the hormone that lowers blood sugar and subdues appetite.

You should consider adding oats to your diet to stay full longer without the side effects of Ozempic. For those who do not love oats, dietitians recommend eating lots of seeds, nuts, avocado, rye and pumpernickel bread and drinking a lot of water.

Source: ScienceFocus.com

**Protein** - Your hair is primarily composed of protein and sufficient protein is required for healthy hair. High quality protein includes fish, grass fed organic beef and poultry.

**Iron** - Being deficient in iron can lead to brittle hair. A study found that premenopausal women with female-pattern hair loss, tend to also have low iron levels.

**Zinc** - Zinc, found in beef, oysters, pumpkin seeds and shellfish, plays a critical role in hair health.

**Vitamins, A, C, E** - Foods rich in these vitamins are critical to healthy hair (Vitamin A foods - carrots, cantaloupe, spinach, bell peppers. Vitamin C foods - citrus, strawberries, tomatoes, spinach).

**Omega-3** - This essential fatty acid has anti-inflammatory and antioxidant properties and helps maintain hair shine.

Source: Epoch Times



**"The way to love  
anything is to realize  
that it may be lost."**

-Gilbert K. Chesterton

**"Teamwork is the fuel  
that allows common  
people to attain  
uncommon results."**

-Andrew Carnegie



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**Call Now for a Free  
Quote 772.222.3266**



## Fun Fall Facts

- There are more than 7,500 varieties of apples.
- The brightest full moon of the year is during fall.
- The color of fall leaves is determined by the sugar content in the leaves, which is why maple leaves are so brilliantly colored.
- Fall leaves actually begin to change when the days shorten, not because of the cool weather.
- According to the Journal of Aging Research, people born in the fall typically live longer.
- The most popular and sought out candle flavor, during anytime of the year, is pumpkin.

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

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