ALL POINTS mobile shredding

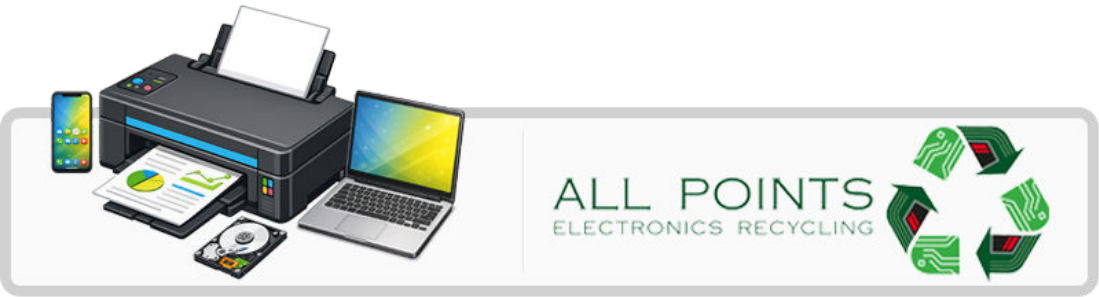
ALL POINTS medical waste

July Newsletter

Your Monthly Shred & Med Waste News!

Visit our website

YOUR TRUSTED SECURITY & COMPLIANCE COMPANY



All Points is expanding! Check out our new division!

In addition to secure shredding and medical waste services, we now offer **All Points Electronics Recycling** — providing secure electronics recycling and IT asset disposition (ITAD) services.

From hard drives and servers to laptops and backup media, protecting sensitive data doesn't stop at paper. We now offer:
• Secure hard drive destruction
• IT asset disposition (ITAD)
• Electronics recycling
• Serialized tracking and certificates of destruction
• Responsible, compliant downstream recycling

This is a natural extension of our commitment to protecting our clients and making compliance simple. Same family-owned company. Same trusted team. Expanded services.

If you have electronics to recycle or would like a quote, we would love to help.

Thank you for continuing to trust All Points.

Visit Our New Website Today!

The Martin County Business-to-Business chamber event was a success!

uRISQ Module Spotlight

We're Expanding How We Protect Your Business

At All Points Protects, protecting your business has always been at the core of what we do. We're proud to expand that commitment by bringing you **uRISQ®**, the most trusted privacy and security program for small and medium-sized businesses.

Why? Because threats to your data are growing every day — and the costs of a breach can be devastating. With uRISQ, you get a **complete program** that strengthens your defenses, helps you stay compliant with regulations, and gives your customers the confidence that their information is safe in your hands.

uRISQ includes six powerful modules — from scanning your website for vulnerabilities to helping you respond if a breach occurs — all built with small businesses in mind.

We've done the hard work of finding the right solution. Now you can focus on growing your business, knowing your data is secure.

Contact us to learn more about uRISQ: 772.222.3266

Friday Shred Event:
Two Locations!

July Special
New Customers: Save $25 on Your First Purge!

Are you a new All Points customer? Now is the perfect time to schedule that long-overdue document cleanout.

New customers save $25 on a one-time purge of $300 or more.

- Valid for new customers only

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

- Confidential Documents
- Hard Drives

EVERYTHING IS SHREDDED ON SITE!

FRIDAYS FROM 9:30AM-10:30AM

Peter's Hardware:

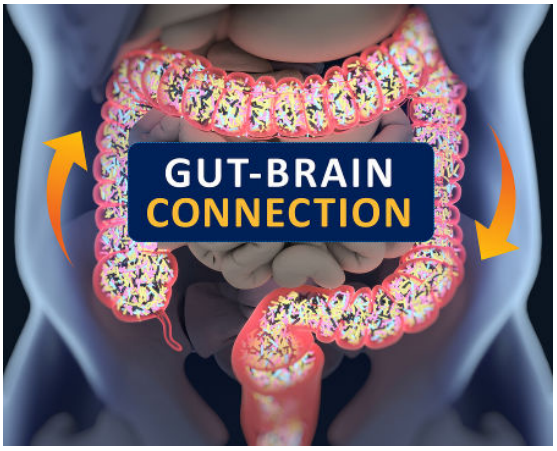
975 SE Federal Hwy, Stuart, FL (Across from the McDonald's on US-1)

$20/box, $25/hard drive (cash or check only)

All Points Mobile Shredding Cape Coral:

(Every second Friday of the month)
921 SE 13th Place, Cape Coral, FL

$25/box (credit card/debit card only)



July Health & Wellness

Your Gut Has a Brain: How the Microbiome Shapes Your Mood, Immunity, and Overall Health

You've probably heard the phrase "trust your gut" — and it turns out there's real science behind it. Your gut is home to trillions of microorganisms that do far more than just digest food.

- Must be booked AND completed in the month of July
- NAID AAA Certified
- HIPAA Compliant
- Certificate of Destruction Provided

Summer is the ideal time to clear out the clutter and start fresh, securely and compliantly.

Call us today at **772.222.3266** or visit **allpointsprotects.com** to learn more.

Are You Compliant? We Can Help!

All Points offers online compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire and Electrical Safety, and Hand Hygiene.

For More Information, Call 772.222.3266

All Points is Proud of Our Over 500 5-Star Google Reviews. Consider Writing One!

Researchers call the communication network between your gut and your brain the "gut-brain axis," and a growing body of evidence shows it plays a central role in everything from your mood and mental clarity to your immune function and disease risk. A 2025 review published in *Frontiers in Immunology* found that the gut microbiome directly influences cognitive function through immune signaling, metabolite production, and vagus nerve communication — essentially, your gut bacteria are in constant conversation with your brain.

One of the most striking findings is that approximately 90% of your body's serotonin — the neurotransmitter most associated with mood regulation — is produced in the gut, not the brain. When gut bacteria are out of balance, serotonin production can be disrupted, which researchers believe may contribute to anxiety, depression, and difficulty concentrating.

Your gut microbiome also plays a critical role in immune defense. Roughly 70% of your immune system resides in the gut, where beneficial bacteria help train immune cells to distinguish between harmless substances and genuine threats. A 2025 review in *Frontiers in Microbiomes* confirmed that imbalances in gut bacteria — known as dysbiosis — can trigger systemic inflammation and weaken your body's ability to fight off infections.

The practical takeaway is encouraging: what you eat directly shapes your microbiome. A diet rich in fiber, fermented foods like yogurt and sauerkraut, and diverse fruits and vegetables promotes the growth of beneficial gut bacteria. Highly processed foods and excess sugar do the opposite — feeding harmful bacteria and contributing to inflammation.

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 500 5-star Google reviews and very thankful to our wonderful clients who provided them!

Click Here to Read Our Google Reviews

Click Here to Write All Points a 5-Star Google Review!

Your Brain on Music: Why Listening to Your Favorite Song Is More Powerful Than You Think

Whether you're humming along to a favorite tune in the car or listening to a playlist at your desk, music is doing remarkable things inside your brain, and neuroscience is finally catching up to what we've always felt intuitively.

Research published in *PNAS (Proceedings of the National*

This summer, take care of your gut and it will take care of you — from your immune system all the way up to your brain.

Sources: Frontiers in Immunology (2025); Frontiers in Microbiomes (2026); Cureus (2025); Harvard Health

Security & Compliance

Small Businesses Are Cybercriminals' #1 Target: Here's What You Need to Know

If you think your business is too small to be targeted by cybercriminals, the data says otherwise, and the gap between perception and reality is getting dangerous.

According to the 2025 Verizon Data Breach Investigations Report, small and medium-sized businesses experienced approximately four times as many confirmed breaches as large organizations. That's not a typo. And 43% of all cyberattacks now target small businesses specifically, according to multiple industry reports, not because they hold the most valuable data, but because they typically have the weakest defenses.

The financial consequences are severe. The average cost of a data breach for businesses with fewer than 500 employees is $3.31 million, according to IBM's 2025 Cost of a Data Breach Report. Microsoft estimates the average cost of a

Academy of Sciences) used PET imaging to demonstrate that listening to pleasurable music triggers the release of dopamine in the brain's reward centers, the same regions activated by food, exercise, and other biologically significant experiences. Remarkably, the dopamine release begins not just when the pleasurable moment arrives, but during the anticipation of it, your brain is literally rewarding you for looking forward to the good part.

Music activates nearly every region of the brain simultaneously, making it one of the most comprehensive neural workouts available. The auditory cortex processes sound, the motor cortex engages rhythm, the frontal lobe handles structure and expectation, and the limbic system drives emotional response, all firing in coordination.

A landmark review published in *Trends in Cognitive Sciences* synthesized over 400 scientific papers and found that music reduces stress, improves mood, boosts immune function, and strengthens social bonding through its effects on brain chemicals including dopamine, cortisol, serotonin, and oxytocin. A separate review in *Progress in Brain Research* confirmed that music of any genre helps reduce stress, though the type of music activates different brain regions and specific neurochemical pathways.

The cognitive benefits extend well into aging. A 2023 study found that music interventions in healthy older adults enhanced brain structure and auditory working memory even as the brain naturally changed with age. Separate research tracking adults over age 75 found that those who regularly played a musical instrument were significantly less likely to develop dementia, and that playing music had a larger protective effect than reading, writing, or doing crossword puzzles.

cyberattack on an SMB at approximately $254,000. For many small businesses, a single incident is enough to threaten their survival; 40% of SMBs say a cyberattack costing $100,000 or less would put them out of business.

Ransomware is the dominant threat. A staggering 88% of SMB breaches in 2025 involved ransomware, compared to just 39% for large organizations. Meanwhile, 47% of businesses with fewer than 50 employees have zero cybersecurity budget, and only 17% of U.S. small businesses carry cyber insurance.

The good news? Prevention is dramatically cheaper than recovery. IBM data shows that businesses with a tested incident response plan reduce breach costs by over $232,000. Basic cybersecurity measures like employee training, multi-factor authentication, regular backups, and a written security policy, can be implemented for a fraction of what a single breach would cost.

Protecting your business starts with protecting your data. All Points Mobile Shredding provides NAID AAA Certified document and hard drive destruction, along with compliance training to help your team stay prepared. Call us at **772.222.3266** to learn more.

Sources: Verizon 2025 Data Breach Investigations Report; IBM Cost of a Data Breach Report 2025; VikingCloud; StrongDM; Microsoft

So turn up the volume...your brain is listening, and it's loving every note.

Sources: PNAS; Trends in Cognitive Sciences; Progress in Brain Research; Brown University; ScienceDirect (Brain Research)

"The only way to do great work is to love what you do."

- Steve Jobs

"It always seems impossible until it's done."

- Nelson Mandela

"Excellence is not a destination but a continuously growing never-ending process."

- Brian Tracy

WE OFFER ELECTRONIC & HARD DRIVE DESTRUCTION
Click Here to Learn More!

Call Now for a Free Quote
772.222.3266

Legal & Compliance

Identity Theft Starts with Paper: Why Secure Document Destruction Is a Legal Requirement

Identity theft remains one of the fastest-growing crimes in America — and for businesses, the obligation to prevent it is not just ethical, it's the law.

The Federal Trade Commission received over 1 million identity theft reports in 2023 alone, and the FBI's Internet Crime Complaint Center reported nearly $13 billion in total cybercrime losses in 2024. What many business owners don't realize is that a significant portion of identity theft still originates from improperly disposed paper records, discarded employee files, old customer invoices, medical records left in dumpsters, and financial documents thrown in the recycling bin.

The Fair and Accurate Credit Transactions Act (FACTA) Disposal Rule applies to virtually every business in America that maintains consumer information, from healthcare providers and financial firms to retailers and landlords. The rule requires that any business disposing of records containing consumer information must take reasonable measures to ensure the information cannot be read or reconstructed. Shredding, burning, or pulverizing paper records all qualify. Simply throwing them away does not.

Penalties for FACTA non-compliance can reach $2,500 per improper disposal, per file, and that's before accounting for potential class action liability, state attorney general enforcement, and the reputational damage that follows a publicized incident.

For Florida businesses, state law adds further obligations. The Florida Information Protection Act requires businesses to notify affected individuals within 30 days of discovering a breach, and the Florida Digital Bill of Rights gives consumers the right to demand that companies delete their personal data entirely.

The simplest compliance measure any business can take is to partner with a NAID AAA Certified destruction provider. All Points Mobile Shredding provides a Certificate of Destruction with every job, documented proof that your records were destroyed in compliance with federal and state law.

Call 772.222.3266 to learn more.

Sources: FTC Identity Theft Reports; FBI IC3 Annual Report; FACTA Disposal Rule; Florida Information Protection Act; AllPointsProtects.com

Check Out Our 5-Star Google Reviews Here!

Click Here to Learn About On-Site Shredding

Click Here to Learn About Electronics Destruction

All Points Mobile Shredding & Medical Waste
772.222.3266
clientcare@allpointsprotects.com
allpointsprotects.com

Connect with us

All Points Mobile Shredding | 505 SE Central Parkway | Stuart, FL 34994 US

Unsubscribe | Update Profile | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!