



Nutrition Facts
Serving Size 1 cup (57g)
Servings Per Container about 8

	Honey Nut Clusters	with skim milk
Amount Per Serving	220	260
Calories	220	260
Calories from Fat	25	25
	% Daily Value**	
Total Fat 2.5g*	4%	4%
Saturated Fat 0g	0%	2%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg	0%	1%
Sodium 300mg	12%	15%
Potassium 135mg	4%	10%
Total Carbohydrate 47g	16%	18%
Dietary Fiber 3g	12%	12%
Sugars 17g		
Other Carbohydrate 27g		
Protein 4g		
Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	2%	15%
Iron	25%	25%
Vitamin D	0%	10%

Cluster Headaches

NOT AS FUN AS CLUSTER CEREAL

Definition

Cluster headaches affect one side of the head (unilateral) and may be associated with tearing of the eyes and nasal congestion. They occur in clusters, happening repeatedly every day at the same time for several weeks and then remitting. Cluster headaches are a fairly common form of chronic, recurrent headache. Unlike migraines, they affect men more often than women. They can affect people of any age but are most common between adolescence and middle age. There does not seem to be a pattern among families in the development of cluster headaches. Cluster headaches occur as a severe, sudden headache. The onset is sudden, and it occurs most commonly during the dreaming (REM) phase of sleep. Cluster headaches may occur daily for months, alternating with periods without headaches (episodic), or they can occur for a year or more without stopping (chronic). A person may experience alternating chronic and episodic phases.

SYMPTOMS:

SWELLING UNDER OR AROUND THE EYES

**RED EYE
(ON THE AFFECTED SIDE)**

FLUSHED FACE

**EXCESSIVE TEARS
(ON THE AFFECTED SIDE)**

RUNNY NOSE OR NASAL CONGESTION

BEGINS SUDDENLY

PAIN COMMONLY BEGINS 2 TO 3 HOURS AFTER FALLING ASLEEP AND IS STEADY, SHARP, OR BURNING.

CHARACTERISTICALLY OCCURS ON ONE SIDE OF THE HEAD AND MAY OCCUR IN AND AROUND ONE EYE.

MAY INVOLVE ONE SIDE OF THE FACE FROM NECK TO TEMPLES. PAIN QUICKLY GETS WORSE, PEAKING WITHIN 5 TO 10 MINUTES AND PEAK MAY LAST ONE-HALF TO 2 HOURS.

TREATMENT

Chiropractic care works on correcting the underlying causes of headaches and relieving symptoms associated with cluster headaches. To see if chiropractic may be able to help you call **512-480-9999** today for a complimentary consultation.

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2404 Lake Austin Blvd.
Austin, TX 78703