



## Hiccups: How Can I Get Rid of Them? Find Out.

**Hiccups** are sudden, involuntary contractions of the diaphragm, often triggered by eating too fast, drinking carbonated beverages, or sudden temperature changes. While they usually go away on their own, they can be annoying—so here are some tried-and-true ways to stop them!

### Quick Remedies to Stop Hiccups

- ✓ **Hold Your Breath** – Take a deep breath, hold it for about 10-20 seconds, then slowly exhale. This helps reset your diaphragm.
- ✓ **Drink Cold Water** – Take slow, small sips of cold water or swallow a spoonful of crushed ice.
- ✓ **Swallow Something Sweet or Sour** – A spoonful of sugar, honey, or vinegar can trigger nerves in the throat and help stop hiccups.
- ✓ **Breathe Into a Paper Bag** – Inhaling and exhaling into a small paper bag increases carbon dioxide levels, which can relax the diaphragm.
- ✓ **Gargle with Cold Water** – This can interrupt the hiccup reflex and stop the spasms.
- ✓ **Try the “Scare” Method** – Being startled or shocked can sometimes reset your breathing pattern (but don’t count on this one too much!).

✓ **Press on Your Diaphragm** – Gently pressing on the area just below your ribcage can help calm the muscle spasms.

✓ **Pull Your Knees to Your Chest** – Sit down and hug your knees close to your chest for about 30 seconds to help relax the diaphragm.

### When to See a Doctor

Most hiccups go away within minutes, but if they last for more than 48 hours, it could be a sign of an underlying condition. Seek medical attention if hiccups are persistent, painful, or interfere with eating and sleeping.

### Bottom Line

Hiccups are usually harmless, but they can be frustrating! The next time you get them, try one of these simple tricks to stop them in their tracks. 😊