

BE GONE, HICCUPS!

Hiccups are like unwelcome guests: they always seem to show up at the least convenient moment. Use these tricks to help keep yourself hiccup-free.

HICCUP-HEALING REMEDIES

WITH COMMON HOUSEHOLD ITEMS

Breathing into a paper bag can take your hiccups away. **Breathe into the bag slowly, letting it inflate** and deflate with each breath.

Gargling ice water sends counter-signals to your spasming diaphragm. Try to gargle for at least **thirty** seconds.

Eating a spoonful of honey can settle things down around your abdomen. Let it sit in your mouth for a moment before swallowing.

BREATHING & PRESSURE POINT TECHNIQUES TO GET RID OF HICCUPS

Holding your breath is as simple and effective as it gets. Take a deep breath and hold it for 10-20 seconds then release slowly.

Pulling on your tongue sends nerve signals down your throat that stop diaphragm spasms. Pinch the tip of your tongue and pull forward gently.

Pushing on your diaphragm targets hiccups at their source. Press firmly on the spot between your sternum and your abdomen.

THE MIRACLE CURE

This trick is said to be extremely effective for purging hiccups quickly. All you need is a glass of water and a paper towel.

1. Fill a glass with water.
2. Place paper towel over the top of the glass.
3. Drink half of the water in the glass through the paper towel.
4. Remove the paper towel and finish drinking the water.

Try this trick for yourself to see how well it works for you!

HAVING HICCUPS TOO OFTEN? AVOID THESE COMMON CAUSES:

THESE COMMON CAUSES:

Hiccups happen when your diaphragm starts to spasm from an unexpected stimulation. Steer clear of these diaphragm-disturbing triggers when you need to be hiccup-free:



ALCOHOL



ABRUPT CHANGES IN TEMPERATURE



SPICY FOODS



ANXIETY OR EXCITEMENT



EATING TOO FAST



CARBONATED BEVERAGES