

How to Get Rid of Hiccups

Some people get annoyed over hiccuping over and over. There are even people who have chronic hiccuping. In fact, “how to get rid of hiccups” is one of the most searched queries on the internet. Well, there are many things you can do. In order to get rid of hiccups, you can complete breathing and posture techniques, use pressure points to your advantage, eat and drink certain things, and use some special remedies. All of these solutions will be discussed in the following paragraphs.

Firstly, there are many breathing and posturing techniques you can use to get rid of hiccups. Most of the techniques are easy to do. **According to Healthline, there are six physical methods of vanquishing your next hiccup: practicing slow breathing, holding your breath in for a while, breathing into a paper bag, hugging your knees for two minutes while sitting down, compressing your chest by leaning or bending forward, and completing the Valsalva maneuver.** As stated by Healthline, “To do this maneuver, try to exhale while pinching your nose and keeping your mouth closed” (“How to Get Rid of Hiccups: 26 Remedies That Can Actually Help”). You cannot do all these techniques simultaneously, but you can try them one by one and see which ones work best for you.

Also, you can try to use your body’s pressure points to your advantage to dispel hiccups. Though pressure points seem like an esoteric science, standard western medicine recommends using them. According to Medical News Today, these three techniques that deal with these points can help: “[1] Pull on the tongue – hold the end of the tongue in the fingers and tug. [2] Press on the diaphragm gently. [3] Place gentle pressure on each side of the nose while swallowing” (Nordqvist, Christian). Though these methods might seem strange at first glance, they have a certain amount of effectiveness that warrants their recommendation.

Another natural way to get rid of hiccups is to consume certain foods and liquids. There are plenty of things we can eat and drink to chase away a nasty episode of hiccups. **As mentioned by Healthline, it is good to “drink ice water, slowly drink a glass of warm water without stopping to breathe, drink water through a cloth or paper towel, suck on an ice cube, gargle ice water, eat a spoonful of honey or peanut butter, eat some sugar, suck on a lemon, put a drop of vinegar on your tongue”** (“How to Get Rid of Hiccups: 26 Remedies That Can Actually Help”) and more. Once again, test out which food and drink techniques work best, instead of trying many at the same time.

And then, there are some strange techniques that have been recommended by scientists and other specialists. One of these theories states that hiccups can be relieved by having an orgasm (Peleg, R.). Another study mentioned that a rectal massage can aid in getting rid of hiccups (Odeh, M, et al). Other alternative methods include tapping or rubbing the back of one's neck, poking the back of the throat with a Q-tip, and distracting yourself with something fascinating ("How to Get Rid of Hiccups: 26 Remedies That Can Actually Help"). The last one is even a time-honored tradition in certain countries.

Hiccups can be a nuisance, especially if they turn into a chronic condition. Thankfully, there are many actions we can take to clear up this issue: you can complete breathing and posture techniques, employ pressure points, eat and drink particular substances, and use some alternative remedies. It is best to find what works best for you out of the many choices discussed in this essay, as each body is different.

Works Cited

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