

Why do we hiccup?

The often annoying hiccup happens when our diaphragms get upset.

The diaphragm is a muscle at the bottom of the rib cage that helps pull air into our lungs when we breathe. Every once in a while, the diaphragm gets irritated and starts pulling air into the lungs the wrong way. We experience this as a hiccup.

Eating too quickly, drinking cold beverages, and swallowing air are just a handful of ways the diaphragm can get upset enough to cause hiccups. In other words, the diaphragm can be kind of sensitive.

There are lots of “home remedies” that people use to get rid of the hiccups. Lots of them are silly.

Do you think any of these methods actually work? Why or why not?

Eat a spoonful of sugar.

Drink water from the opposite side of the glass.

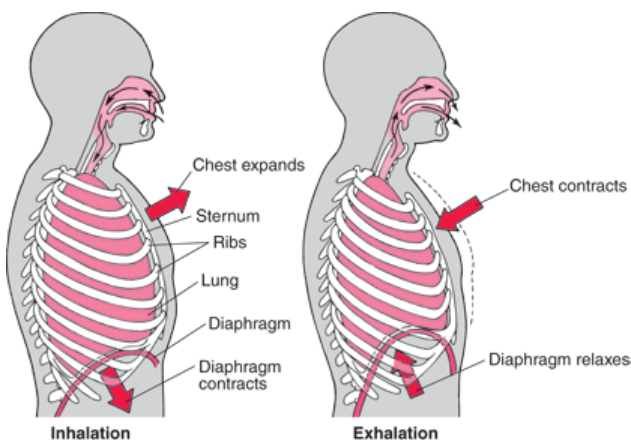
Chug a glass of water.

Hold your breath.

Get SCARED!

Cover your ears.

What methods do you use to cure your hiccups?



QUESTION & ANSWER:

Hiccups are caused by the involuntary contraction of what muscle?

.....

Write down some ways that the diaphragm can be irritated.

.....

.....