

I (Vaughan Jones) had mild hiccups for a whole day until bed time and realised that I could not sleep so Googled and found this with 9,300 testimonials. It worked.

From Kristina Pfaff-Harris at <http://www.cognital.com/hiccups.shtml>

The Guinness World Record for the longest continuous bout of hiccups is held by Charles Osborne from Anthon, Iowa. They started in 1922 at a rate of 40 times per minute, slowing to 20 times per minute, and eventually stopping in 1990, after 68 years of hiccups!

I cannot guarantee that this will help everyone, but don't take my word for it, but from over 9,300 testimonials.

Step 1. Start by inhaling through your mouth until your lungs feel full (when it feels like you cannot inhale any more.... Your lungs will basically stop taking in air).

Step 2. Swallow. You are not really swallowing anything but it seems that without this act, it doesn't work. Do not let any air out.

Step 3. Now inhale some more until your lungs feel full again. You may not be able to inhale a lot, but do get some more air in. It will start to get difficult to do this as you go, but keep trying. You obviously can't suck in as much air as you did initially, but just a little will do (think of it as taking a "sip" of air but directly into your lungs).

Step 4. Swallow again. This too will start to get difficult as you go. Do not let any air out.

Step 5. Repeat steps 3 and 4 (inhale and swallow) until you cannot swallow again. While it seems you can almost always suck in just a little more air, it is actually the swallowing that gets to be impossible. When you feel like you cannot swallow again, swallow again anyway. It will be hard to do, your face will probably turn red, and you may make squeaking sounds. But you CAN swallow one last time. By this time, your lungs should also be quite full and it should be difficult to get much more air in. While you should try not to let any air out, if you have really repeated steps 3 and 4 as many times as you can, you probably will end up letting a little air out before you can take that last swallow. If you find that air keeps escaping out of your nose even early in the process, try squeezing it shut with your fingers.

Step 6. Exhale.

Don't hiccup!??

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