

# WHY DO WE HICCUP?



Hiccupping is an involuntary reflex caused by irritation of the diaphragm. Normally, diaphragms are pretty well behaved and contract rhythmically with breathing. But sometimes, the muscle gets irritated, for example when we have eaten too quickly or are nervous. This leads to jerky and poorly coordinated movement of the diaphragm. Air then rushes into the throat and hits the voice box, causing you to make the 'hic' sound.



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