

HICCOUGHS

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Definition

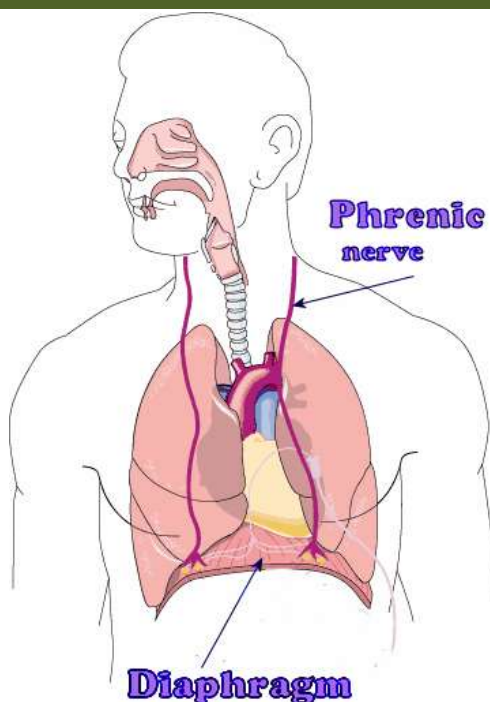
An irritation of the **Phrenic Nerve** causes the contractions of the diaphragm. Hiccoughs can at times become so serious they cause death, after a period of continued hiccoughing.

Symptoms

This is a sudden inspiration of air caused by spasmodic contractions of the diaphragm. An irritation of the **Phrenic Nerve** causes the contraction of the diaphragm.

Cause

This is generally caused by overloading food or drink into the stomach. **Relaxation is the most important thing.**

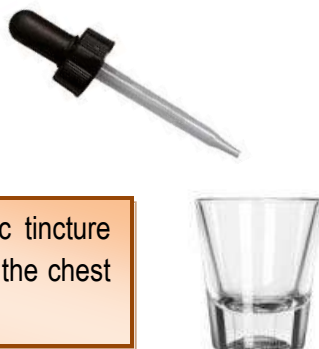


Herbal Aids

General Instructions:



- Often hiccoughs can be stopped merely by bending over with the head downward and tipping a glass of liquid to drink it while upside-down.



3 to 5 drops of antispasmodic tincture taken internally and rubbed on the chest area will often bring relief.



Try using a teaspoon of onion juice.



A cayenne poultice on the chest area can be of help.



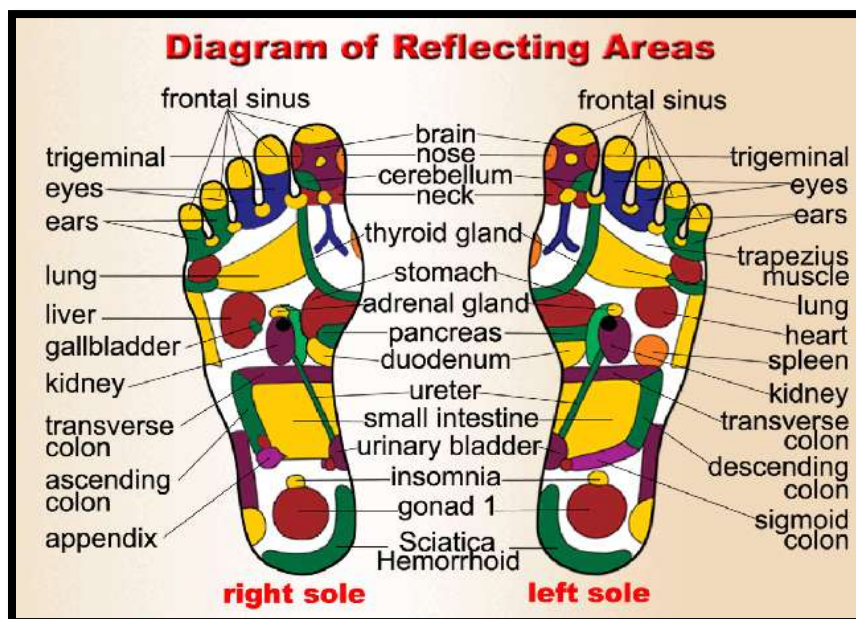
Orange Juice: Take a good swallow of freshly-squeezed orange juice. Repeat after a few minutes if needed.



Dill tea should help.



Do A Good Acupressure Treatment On The Hands or Feet.



Dr. Christopher's B & B Tincture:

Black Cohosh, Blue Cohosh, Blue Vervain, Skullcap, and Lobelia

This is used to aid in nervous conditions, sore throat, hiccups, and aid to restoring malfunctioning motor nerves and assisting in adjusting poor equilibrium and hearing, and a great blessing to epileptics.

Massage into the medulla (base of skull), and upper cervicals and do the following:

With an eye dropper insert into each ear at night four to six drops of oil of garlic and four to six drops of the B&B Tincture, plugging ears overnight with cotton, six days a week, four to six months, or as needed.

On the seventh day, flush ears with a small ear syringe using warm apple cider vinegar and distilled water half and half.

Take six to ten drops in a little water or juice two or three times a day.



Spearmint: A distilled water of spearmint will relieve hiccough.

Testimonials

Dr. Christopher's B&B Tincture: A woman one day came to Dr. Christopher with severe hiccups, and he put a few drops on her tongue--she felt a jolt from the top of her head to the bottom of her feet, and the hiccups stopped.