

How to stop hiccups in newborns

By Lana Burgess

Reviewed by [Karen Gill, MD](#)

1. [What causes hiccups in newborns?](#)
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There are several ways to stop or prevent hiccups in newborns. Taking breaks from feeding to burp and using pacifiers can help, for example. It is important to remember that most babies get hiccups in their first year, and they are not usually a cause for concern.

The [hiccups](#) happen when the baby's diaphragm contracts. This forces air out through closed vocal chords, creating the hiccupping sound. Read more

[How to stop hiccups in newborns](#)

Is krill oil better than fish oil for omega-3?

By Rachel Nall


Reviewed by

Krill oil and fish oil supplements are two sources of omega-3 fatty acids including DHA and EPA. While oil from both krill and fish provide health benefits, there are differences in their origin, price, and benefits.

[Fish oil](#) comes from oily fish, such as tuna, herring, or sardines. Krill oil comes from a small, shrimp-like animal called krill. Krill oil has a distinctive red color while fish oil supplements are typically yellow or gold. Krill oil is usually more expensive than fish oil.

While each supplement type contains omega-3 fatty acids, there are various risks and benefits in taking each supplement type. Read on to find out more. Read more

[Is krill oil better than fish oil for omega-3?](#)

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Q. Are there studies concerning the number of people who cannot tolerate statins?

A. Yes. Studies show that about [5 percent to 10 percent of people](#) are unable to tolerate statins, largely because of muscle aches and related side effects, including potential muscle damage. But many people who have been labeled intolerant to the drugs probably are not, and medical researchers, normally a genteel lot, disagree sharply on the extent to which side effects are a problem. Proponents of statins argue that [concerns about safety have been overblown](#), with some even [describing the research on side effects as "fraudulent."](#) Opponents maintain that the concerns are real. Both sides agree that the debate is important, since a patient who has been inappropriately prescribed a statin risks muscle damage. But a patient who has been inappropriately denied a statin risks heart attack.

Statins can cause a spectrum of muscle symptoms. Muscle aches, known medically as myalgias, constitute the greatest number of muscle complaints and the greatest area of controversy. More serious muscle problems, on the other hand, are not controversial, since they are a clear contraindication to treatment with the drugs. The psychology of myalgias involves the nocebo effect, the flip side of the placebo effect. Whereas a placebo is an inert substance that exerts a beneficial effect, a nocebo is an inert substance that exerts an unpleasant effect.

NYT

What are the health benefits of balsamic vinegar?

By Jenna Fletcher

Reviewed by [Natalie Olsen, RD, LD, ACSM EP-C](#)

1. [Ten health benefits of balsamic vinegar](#)
2. [Risks](#)
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Balsamic vinegar is a popular ingredient in salad dressings, marinades, and many other foods. It is has a distinctive flavor that is often described as bold, tart, and complex.

Some studies suggest that balsamic vinegar has additional health benefits, ranging from improving a person's complexion to lowering [cholesterol](#) and aiding weight loss.

In this article, we look at the potential health benefits of balsamic vinegar and the scientific research that may give them weight

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[What are the health benefits of balsamic vinegar?](#)

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