

# Ten Tips for Your Voice



## One

Stay hydrated – it helps your vocal chords. The best beverages are water (at room temperature) and herbal teas. Try to avoid coffee and black tea just before singing. Definitely avoid milk products, including cocoa and chocolate.

## Two

Keep a stack of pastilles to calm your throat every now and then. Sage and Iceland moss are the best ingredients. Mind that your pastilles don't contain menthol: Menthol dries your vocal chords out. Nibbling an apple or a carotte is also a good idea: their pectins hydrate and the nibbling increases salivation.

Much as you might love it hot&spicy – don't eat spicy food before singing.

## Three

Yawning is a great idea! Warm, ascending air nourishes the vocal folds and the vocal chords. The relaxed yawning position of your head, tongue, jaw, and larynx is also the ideal position for singing. Avoid breathing in cold air through your mouth. Wear a scarf around your mouth and nose when you're out strolling in the icy winter days.

## Four

Be gentle with your voice, especially if you have to speak a lot in your field of work. A clear and precise pronunciation – with rests at the relevant places – works a great deal better than any voice that's just loud. Avoid talking in any loud environment as well as shouting in general.

## Five

If your voice is throaty, don't clear your throat! Clearing your throat is a violent act on your vocal folds. Help yourself by gently coughing, yawning and swallowing instead. Also try humming or sighing.

## Six

Fresh Air: Your voice is just as happy about oxygen as your brain.

## Seven

Be careful with the AC and drafts in general! A scarf can come in handy anytime.

## Eight

Sing and rehearse everyday, at home or while in car. Keep your voice flexible.

## Nine

The nasal lavage is a very effective procedure for preventing or treating a cold. It may take one or two times to get used to it, but by cleaning out your nose, you get rid of the bacteria, dust and allergens and thus reduce your risk of infection. The salty isotonic solution keeps your mucous membranes hydrated.

## Ten

When you're hoarse, don't sing at all. Talk as little as is necessary and don't whisper. Gargle with a salty solution (1 Tbsp / glass of water) and suck the aforementioned pastilles (sage, thyme, primrose). Inhale and drink as much water and herbal teas as possible. Avoid milk products and painkilling pastilles. Consult a physician when your hoarseness continues for several days.