

Vocal Health

1. REST
2. Drink lots of water
3. Warm-up before singing
4. Keep your throat wrapped with a scarf when outside!
5. If you are stuffy: breathe steam; breathe in through your mouth and out through your nose to clear your head. Run a long steamy shower: read scripture while you 'moisten' up.
6. Saline solution (over the counter) is GREAT for keeping head moist
7. Decongestants and anti-histamines de-hydrate: drink more water, use a liquid form, then you can take a smaller amount that will be effective
8. Tussin – guaifenesin syrup thins mucus. There is a new robitussin capsule. Not the DM cough suppressant. Available over the counter, store brands
9. There is a 'non-drying' Sudafed (pseudoephedrine) that contains guaifenesin. There are store brands of this. It is a gel capsule.
10. Sinus Rinse. If saline solution isn't working, there are two ways to rinse your sinuses. NETTI POT— looks like a teapot with no lid, or an 'Alladin's lamp.' Use warm water (around 98°). Add: ½ tsp salt, ¼ tsp baking soda, 10 drops of glycerin. This is a gentle way to rinse your sinuses. SINUS RINSE KIT – sold at pharmacies, by *Neil-med*: This is an 8 oz. water bottle with a special nozzle. Included in the purchase are packet of pre-mixed salt and baking soda. There is more pressure and it really shoots up into your sinuses.
11. Singers recipe:
 1. 1C boiling water,
 2. juice of 1 lemon,
 3. 2 T maple syrup (honey if you are not singing),
 4. 1/8 t cayenne pepperA variation: use a 1 inch sliver of ginger instead of lemon
12. Avoid caffeine
13. Milk thickens mucus
14. Use hot water at the parish
15. Hot, spicy food, (peppers) –good for congestion in the chest
16. Onions and garlic are old world 'cold remedies' (and I am finding that there may be some truth!)
17. Small hard candies help coat the throat, especially if you have to sing, soothe a cough, and keep saliva flowing.
18. Gently biting your tongue will cause some saliva to flow if your throat gets too dry
19. Licorice tea is good for an irritated throat; Also Fisherman's cough drops
20. There is a line of "gypsy" remedies: Breathe Easy and Throat Coat are examples
21. Pineapple (especially fresh pineapple) or pineapple juice has bromelain and recent research indicates that it helps with chest congestion. An old theatre recommendation is hot pineapple juice is good for the voice (I microwave the juice).
22. For your ears: use saline solution in your nose, then Afrin, tilting your head to get into the ear canal.
23. Zinc lozenges (there is a berry flavored one) may help sore throat or a cough.