

*Katti Power's*

# VOCAL HEALTH TIPS

Good vocal health habits are vital to maintaining a healthy singing voice. This covers vocal health as well as what to do if you are sick or if you feel yourself becoming sick.

- Don't clear your throat; instead:
    - Silent clearing
    - Deep humming
  - Don't drink iced or steaming beverages; instead:
    - Try to wait for steam to disappear when drinking hot beverages
    - Try to learn to drink water at room temperature and without ice
  - Don't whisper unless you have to
  - Don't smoke or be around smokers frequently
  - Don't use numbing or anesthetizing drops, sprays, or medicines
  - Don't yell or speak in a loud voice without engaging the diaphragm
  - Don't use glottal attacks if at all possible
  - Don't consume a lot of dairy or other throat-coating or phlegm-producing foods during times of high vocal use
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- Do drink plenty of water
  - Take your weight and divide it in half. Whatever the number is, drink that many ounces of water each day. For example, if you weigh 150 pounds, drink 75 ounces of water each day.
  - Do hum in the shower each day to loosen phlegm
  - Do get plenty of rest to keep from fatiguing the voice
  - Do wear a scarf or something around the neck to keep it warm during cool weather or during times of high vocal use
  - Do add lemon to your room temperature water
  - Do speak at a higher pitch than seems natural, especially when you are tired
  - Do go on vocal rest if you feel vocally fatigued
  - Do stand in a bathroom with a running hot steaming shower to soak up the steam when you feel vocally fatigued
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- Don't use medicines that will dry out your sinuses unless you absolutely have to. If you have to, make sure to drink extra water to balance it out.
  - Do avoid cough drops and medicines that numb the sensation in sore areas
  - Do minimize coughing
  - Do triple your normal water intake
  - Do take vitamins and eat lots of fruits and vegetables
  - Don't consume dairy or any phlegm-producing foods
  - Don't consume a lot of caffeine or sugar
  - Don't whisper—it is just as hard on your voice as screaming. It is best to “pitch up” when necessary or go on vocal rest
  - Honey and lemon added to warm (not steaming) water is very soothing and healing
  - If contagious, reschedule lessons!! (students & teachers!)

*Sing* without **limits**