

# HOW TO TAKE CARE OF YOUR VOICE

If you use your voice to earn a living, you really need to learn how to take care of it. Over use of your speaking voice causes strain and can damage your vocal cords, also known as vocal folds. Your vocal folds are two small muscles, side by side, located in your larynx. They look like elastic bands. As air travels from your lungs up your windpipe to your larynx, it flows through your vocal folds, causing vibration and creating sound.

**Here are 8 tips to help you keep your voice in top shape:**

- 1. Hydration:** drink lots of water. Room temperature water is always best. Cold water shocks your vocal folds.
- 2. Vocal Rest:** in order to keep your voice strong, rest it when you don't need it and that means no talking.
- 3. Don't whisper:** whispering requires your vocal folds to vibrate at an even higher speed, hurting your voice even more.
- 4. Sleep:** when we sleep, our entire body is rejuvenated including our voice. But remember: don't eat before you sleep because food can cause indigestion and acid reflex.
- 5. Manage your post-nasal drip:** ask your doctor about the best over the counter remedy for post nasal drip.
- 6. Avoid Dairy:** milk, yogurt, ice cream, and cheese create mucus, and that mucus can get attached to your vocal folds.
- 7. Use Ricola All Natural Sugar Free cough drops:** they soothe your throat and contain nothing artificial.
- 8. Know your voice:** anytime you feel tension in your voice, you are straining. Stay away from yelling, trying to talk over a crowd, or singing outside of your vocal range.

**Remember: No matter how you sound, I can make you sound better.**