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# VOCAL HEALTH

**By**

**Orgena Rose**

*Hello and Welcome to the Orgena Rose Vocal Studio!*

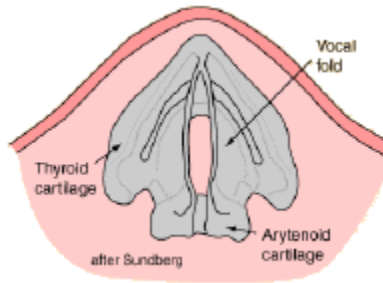
*I've compiled information from over 18 years of my personal experience and thousands of dollars and placed it here in this report for you.*

*I believe you will find the information vital to obtaining and maintaining a strong and vibrant voice! Make sure to read to the end where you'll find a chart that summarizes the information as well as a FREE surprise!*

*~ Orgena*

## The first thing to remember when it comes to using your voice is to...

### Keep 'em Wet!



Vocal folds work best when their surfaces are kept moist and the mucus in the vocal system is thin. So, here are numerous strategies regarding appropriate hydration.

- Drink, swig, sip, and slurp water. Juices or herbal teas are okay too, but recall that drinks with caffeine *dehydrate* instead of *rehydrate*. Most physicians recommend 32 – 64 ounces per day as a minimum.
- In case you missed it in the earlier point, it's best to limit caffeine. At the very least, if you can't give up coffee, tea, or Mountain Dew, realize that you need to replace the fluids you've lost. For example, if you drink a mug of coffee, refill it with water and *drink it all*.
- If your home or working environment is dry, consider investing in a humidifier. A good rule of thumb is to keep your environmental surroundings at 30 percent humidity or higher.
- Many over-the-counter cold and flu medications contain agents that dehydrate mucus membranes. While this may alleviate some of your cold symptoms, they also may dehydrate the vocal folds. Use these medications judiciously. Also, be aware that some pain relievers such as Excedrin and Aspirin contain caffeine. Check the [NCVS Prescribed Medications and Their Effects on Voice and Speech](#) to see if your medication may be having an adverse effect on your vocal system.
- Alcoholic drinks also dehydrate the body. If you choose to use alcohol, replenish your body's hydration level by drinking extra water.
- Occasionally, expectorants such as Mucinex can be used to thin the body's mucus.

### Colds, Sore Throats, and Laryngitis

Often when these viral bugs get you down, your vocal folds become swollen. You may notice this will make your voice deeper, huskier, or hoarse. It is important to treat your voice with some extra care when these illnesses occur.

- **Shush.** This may be rudely stated, but is very important. Remember that during illness, your vocal tissues are especially vulnerable to damage. Limit talking to bare essentials. Use paper and pencil or e-mail to get your messages across. When you do need to talk, do so softly and avoid shouting or screaming.
- Avoid throat clearing — this action is damaging to the delicate vocal fold tissues. Try sipping water instead to clear mucus.
- While you're in the "vocal caution zone," take more extreme measures to increase hydration.
  - Gargle with warm salt water. [Some vocologists advise adding a pinch of baking soda to the solution.]
  - Use salt water to gently clean the nasal passages, if necessary. A [Neti pot](#) is phenomenal for this!
  - Gently inhale steam. Boil plain water in a pot, remove from the stove, and put your face in the rising steam. [Take care not to scald your skin by leaning too close to the hot water.] Tent a towel over your head to keep the steam from dissipating

# Fatigue

Those with tissue fatigue should improve vocal hygiene (increasing the body's hydration level, using good breath support and removing vocal irritants). Learning to use the voice more healthfully and efficiently — with the assistance of a vocologist, voice teacher or specialist — may also be helpful.

Have you read or heard that you should not whisper and wondered why this was so? Whispering is soft talking without the vibration of the vocal folds. Thus, if a person has **muscular** vocal fatigue, whispering would not allow the muscles to rest and would be of no benefit.

# Reflux Disease and Voice

Acid reflux is the spill-over of stomach acids into the larynx, which can damage the tissues. Some voice specialists believe gastro-esophageal reflux disease (GERD) is a significant contributor to many voice problems. It may be signaled by a sour taste in the mouth or heartburn-like symptoms. Be aware, however, that GERD may be present without symptoms. Some people need surgery or prescribed medication for their GERD. Others benefit by simply implementing new habits:

- **Do not eat nor drink alcohol within 2 to 3 hours of sleeping.**
- **Limit irritating foods such as coffee, chocolate, spicy or fatty foods, carbonated drinks, and alcohol.**
- **No dairy or spicy foods before singing. Avoid extreme temperature food and drink such as ice cream, ice water or scalding hot tea before singing.**
- **Quit smoking. Smoking lowers the pressure in the valve joining the esophagus to the stomach, sometimes allowing stomach acids to "back up" in the throat and onto delicate voice tissues.**
- **Try to eat moderate amounts of food at a time, rather than taking in daily calories in just one or two meals.**
- **Avoid clothing that is tight around the waist, such as snug belts or tight jeans.**
- **Remain upright right after eating.**
- **Acid-reducing agents, such as Pepcid AC, are now available as over-the-counter medications.**
- **See your physician if symptoms continue.**

# More Advice

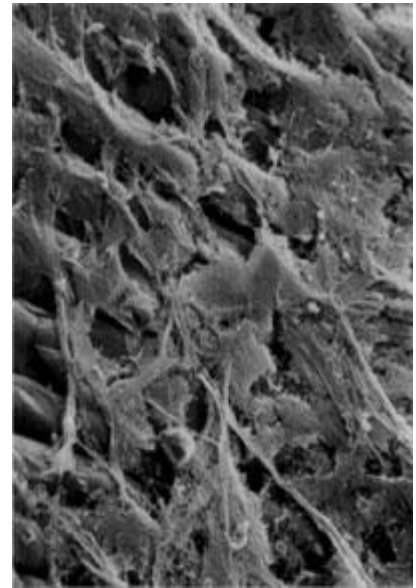
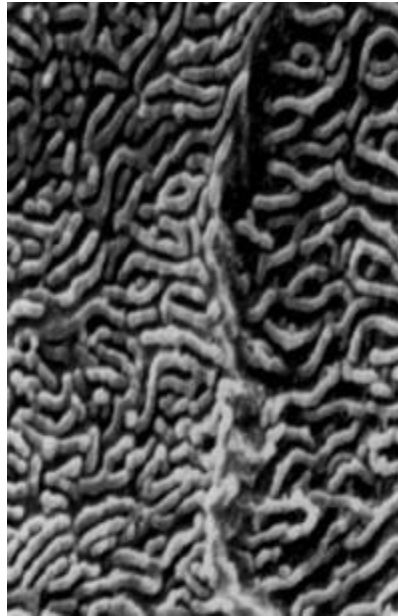
- When should you seek help of a professional? More than two weeks of hoarseness or voice changes should be checked by a physician. Nearly all viral illnesses resolve within this time period. Chronic pain with speaking should always be investigated.
- Singers should avoid aspirin products at all times. This includes any anti-inflammatory drug such as Aleve, Motrin, Advil, aspirin, etc. Vitamin E should be used in moderation. These agents thin the blood and predispose one to sustain a vocal fold hemorrhage, particularly if coupled with excessive voice use or with improper voice use. Tylenol (acetaminophen) is acceptable.
- Smoking is detrimental to vocal fold tissues. It also limits a person's ability to breathe deeply to provide good support for speaking. Smoking decreases lung function and without good lung power, more stress is placed upon the larynx when speaking or singing. Worse yet, smoking is the leading cause of laryngeal cancer. Smoking marijuana may be even more devastating to the voice *burning as hot as 400 degrees*— as much as **20 times** worse than cigarettes.
- Avoid shouting or screaming at sporting events or while working with children.
- Simply be aware of background noise. Trying to be heard over loud music, noisy motors, or others' conversations may cause you to over-tax your vocal system. Seek quiet areas or physically move closer to the person(s) with whom you are speaking.

## Vocal cell wear and tear

After looking at these microscopic slides of vocal tissues, you'll likely better understand the concept of *vocal cell destruction*.

The image on the left was made before the experiment began. After four hours of constant phonation, look at the after effects of the same tissue (right).

*From the laboratory of Dr. Steven Gray (1987).*



## Sprays, Lozenges, and Teas, Oh My!

Ok...there are a number of products out there on the market for the voice. Here are the ones I personally use and recommend but as always, please check with your doctor first.

- **Sprays**
  - Entertainer's Secret Throat Spray
  - Singer's Saving Grace
  - \*Avoid Chloraseptic- it is an anaesthetic that will numb your throat! Not for singers and public speakers!
- **Lozenges**
  - Throat Coat Lozenges
  - Ricola (Honey/Lemon/Echinacea)
  - Fisherman's Friend (if you can stand the taste)
  - \*Avoid anything with Menthol – it has the same numbing effect! Not for singing or extended speaking!
- **Tea**
  - Throat Coat Tea - This has saved me many times! Get the regular, not lemon which contains the main ingredient of slippery elm bark.
  - Herbal Tea

**\*Avoid regular teas which dehydrate.**

**\*\* If adding lemon, always add honey also to balance out acidity.**

## Other Singer's Helpers and Wellness Aids

- Vitamin C
- Vitamin Bs
- Zinc
- Emergen C
- Airborne
- Echinacea

- Oscillicoccinum
- Mucinex DM
- Tylenol
- Salt Water Gargle
- Baking Soda Gargle
- Olive Oil

One of the best tools I've found for all of the above is a Neti Pot. This can be found at your local supermarket or drug store such as Walgreens, CVS or Rite Aid.

\* And no, I don't get anything for recommending these products! ☺

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## FINAL THOUGHTS



I hope you have enjoyed learning more about how to care for your voice to get the best sound possible. To receive a **FREE** session with me and find out more, go to [www.orgenarose.com/vocalstudio.html](http://www.orgenarose.com/vocalstudio.html) and click on SCHEDULE. Whether you're a beginner or a seasoned professional singer or public speaker, I look forward to assisting you to take your voice to the highest and best it can be!

To Your Vocal Success,  
**Orgena Rose**  
**Founder, Orgena Rose Vocal Studio**  
**~Educate Empower Transform~**  
**Founder, Sacred Rose Music**

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featuring host Orgena Rose is scheduling interviews with top professionals in the areas of Spirit, Mind and Body with segments focusing on Spirituality, Money, Health and Wellness, Business, and Love.

The GLOBAL ARTS ALLIANCE (GAA), empowers artists by using a holistic approach for presenting their work and building their career. It is time to end the starving artist syndrome and with GAA their successful career awaits . All the tools needed to be successful are found in one place so that any artist can easily get help with the sometimes scary business of promoting or selling their work. The seemingly daunting tasks of art and business are made easy for anyone who has access to the internet.

GAA believes that all artists should have an opportunity to express their talents and GAA provides the website and system to do that.

GAA would love to have you share your expertise in an interview with Orgena. The interview will be recorded and broadcast from the website.

Please let us know by responding to this email [globalartistsalliance@gmail.com](mailto:globalartistsalliance@gmail.com) if you are available for an interview.