

Protecting Your Voice

Danger Signals

- The vocal cords feel tired
- Cracks or breaks in the voice
- Regular sore throat
- Frequent bouts of laryngitis

Things to avoid

- Straining to be heard
- Forcing the voice from the throat
- Clearing your throat
- Throat sweets
- Whispering
- Coughing
- Caffeine & alcohol
- Spicy food

Positive things to do

- Steam your vocal cords with 2 drops of Teatree or Eucalyptus essential oil in hot water
- Suck fruit pastilles
- Gargle with Teatree
- Breathe fully to help the vocal cords
- Reduce your talking or rest completely if possible