

### **WHAT A HEALTHY VOICE FEELS LIKE?--Dede Nibler**

1. Tones feel easy, open and free.
2. Vibrations are felt in the mask, nose pharynx, etc.
3. Lower tones vibrate in the chest area (sympathetic vibrations).
4. Posture feels buoyant and lifted.
5. Limbs feel energized and moveable.
6. Head floats directly above the spine.
7. Inhalations feel natural and not manufactured.
8. Exhalations feel resistant and steady.
9. Face feels mobile and elastic.
10. Practice recreating the feeling as often as possible.
11. A beautiful voice feels full and free.

### **REMEDIES FOR SORE THROAT: HOMEMADE & OTHERS**

#### **Sore Throat**

1. Some doctors will treat a sore throat with vitamins, a B-1 shot and/or intravenous dose of vitamin C.
2. Gargle with warm water and epsom salts for five minutes, three times a day. (two tablespoons in a glass of warm water.
3. Gargle with 1 teaspoon of salt, 1 teaspoon of soda in 8 ounces of warm water every few hours.
4. Put 1 ounce of hydrogen peroxide and 1 ounce of lemon juice with salt in warm water, and gargle three times daily.
5. Mix half and half liquid Benadryl (Children's Formula) and Pepto Bismol and take as indicated on Benadryl bottle.
6. My mother's answer to everything, gargle warm saltwater.

#### **Cold, Chest Congestion, Cough.**

1. Whenever you feel the cold beginning, crush a fresh garlic clove and swallow it with a vegetable juice, continuing take it 2 or 3 times a day until the symptoms are gone.
2. Chest congestion. Mix with hot water the juice of one lemon, a tablespoon of honey, and as much cayenne pepper as you can stand. Drink it.
3. The most intense remedy yet for chest congestion. From a book called *Fresh Vegetable and Fruit Juices*, by N.W.Walker: In a vegetable juicer, grind, don't press, 1/4 pint of horseradish. Discard the juice. When the pulp is ground to the consistency of a sauce, mix it with the juice of 1 lemon. Take 1/2 teaspoon twice a day between meals. This will dissolve mucus from your sinus cavities and other parts of your body.
4. If you have a serious cough, plain old sugar is a natural cough suppressant.
5. Some cough drops that worked for people I know.
  - a. Ricola
  - b. Fisherman's Friend
  - c. Janet Zand Herbal Lozenge
  - d. Halls
6. For stopping light sinus drainage, TEI FU essential oil. It is for the skin but since it is an aromatic oil it dries the drainage without drying the throat.
7. Don't take an antihistamine and try to sing. If you must take something let it be a decongestant.

## **POSSIBLE CAUSES OF NODULES, POLYPS, AND CHRONIC LARYNGITIS**

### Non Singing Factors

- Shouting, screaming, and yelling, including cheerleading.
- Poor speaking habits.
- Repeated straining when lifting heavy objects.
- Talking over background noise at concerts and clubs, or in airplanes or cars.
- Reflux.
- Smoking.
- Excessive coughing and habitual throat clearing.
- Excessive dryness of the vocal mechanism caused by your environment, lack of adequate hydration, medications, or over-consumption of alcohol and/or caffeine.
- Singing Factors
- Not warming up
- Singing at the extremes of your range for long periods.
- Imitating other singers to the exclusion of developing your own voice.
- Singing without adequate amplification.
- Insufficient breath support.
- Pushing your voice when overtired or sick.
- Overusing your voice.

## **ALTERNATIVES TO THROAT CLEARING**

1. Dry swallow: swallowing closes the vocal folds and can help rid them of mucus. The action of swallowing can also relax the larynx, helping to alleviate the perceived need to clear the throat.
  2. Take small sips of water.
  3. Use a "silent cough".
  4. Pant lightly, and then swallow.
  5. Do a power pant.
  6. Hum lightly.
  7. Laugh gently or giggle lightly then swallow.
  8. Talk through the mucus.
  9. Vocalize lightly on five note scales in a comfortable range. Use the lip trill or hum.
  10. Thrust the tongue out of the mouth and wag it gently side to side, then swallow.
  11. Eat some apple.
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**Bibliography:**

The Contemporary Singer, Elements of Vocal Technique, Anne Peckham, Berklee Press, Boston,

The Professional Singer's Handbook, Gloria Rusch, Hal Leonard, Milwaukee, WI

Sing Better As You Age, A Comprehensive Guide for Adult Choral Singers, Victoria Meredith, Santa Barbara Music Publishing, Santa Barbara, California

Vocal Health and Pedagogy, Science and Assessment, Robert T. Sataloff, Plural Publishing Inc., San Diego

The Diagnosis and Correction of Vocal Faults, J. C. McKinney, Nashville: Genevox

Some Web Sites you might find interesting:

<http://www.runet.edu/~dcastong/ARTARCH/vocal>

<http://www.santosha.com/asanas/simha-print.html>

[http://www.vocalist.org.uk/vocal\\_health.html](http://www.vocalist.org.uk/vocal_health.html)

<http://www.singeruniverse.net/dvavocalremedies.htm>