

## **Singer's Tips on Staying Well**

Circumstances such as the stress of an upcoming audition or performance, the beginning of school year, allergies, or weather changes can mean we are more prone to illness and yes, perhaps worst of all, losing our voices! :) As a professional performer and teacher, this is something I work at constantly myself, as I cannot afford to lose my voice or get too ill. These remedies have been great for preventing or shortening my colds, sinus infections, and sore throats. So, below are some basic tips for staying well. Please take this information to heart and use it well.

***Begin these regimens at least one week before an anticipated audition or performance, even if you are not ill:***

### **Preventative care:**

A good vitamin regimen (ask your doctor)

We all know about clean hands, but also remember: clean nose and clean throat (see below)

Have the following items at home at all times:

Zicam (purchase at CVS. I recommend their throat spray, but it comes in all forms).

Neti-pot (purchase at Whole Foods. Explanation of use is below).

Non-iodine salt

Baking soda

Aspirin

Also good:

Zand Herbal Lozenges (Whole Foods)

Humidifier and Steamer (CVS) – for hoarseness/ dry coughs, etc.

Zicam is a zinc compound that can be used anytime as a preventative measure, especially before you go to school, to work, or are around sick family members or friends. It comes in every form possible. Zinc is hard on the stomach sometimes, so I recommend throat spray.

**Cold-virus prevention/sinus congestion:** The neti-pot is a way to clear out your sinuses, which is VERY effective in preventing or getting rid of colds and sinus problems. Singers swear by this one. Mix 1/4 tsp. baking soda with 1/4 tsp. non-iodine salt with lukewarm water in the neti pot. Over the sink, pour half through one nostril and half through the other. Yes it's gross but get over it -- it works! Use daily.

\*SUBSTITUTE: Use Q-tips dipped in the solution and hold in each nostril approx. 10 seconds. Do this as often as you can, especially before bedtime or school (add it to your teeth-brushing regimen).

### **Sore Throats:**

Crush 1-2 aspirin and mix with 1/4 tsp. salt and 1/4 tsp. baking soda in lukewarm water. Gargle and repeat as needed.

### **Laryngitis or partial voice loss:**

1 tbsp vinegar (dark preferable but light ok – organic is best), 1 tbsp honey, 1 fresh squeezed lemon: mix all together in a cup of boiling water and drink as often as needed.