



Holiday stress and indulgences can have a negative effect on your voice. Follow these 5 tips to keep your vocal chords healthy and your voice beautiful.



Short Meditation & Deep Breathing Exercise

Relaxation and stress management techniques can significantly reduce tension, allowing the voice to function at its best.



Avoid Vocal Fatigue

Using your voice for extended periods of time in loud environments can make your voice tired, breathy and hoarse, and your throat sore. Rest up! If chronic vocal fatigue is left unchecked, it may lead to more serious voice disorders.



Stay Hydrated

Dry vocal folds make it difficult to produce melodious sounds. Caffeine, alcohol, and certain medications all negatively impact your voice. A good rule of thumb is to drink an extra glass of water for every cup of coffee or alcoholic beverage.

[Join the NOMC Water Challenge!](#)

Avoid Smoke

Inhaling smoke carries hot, carcinogenic particles through the mouth, throat, and larynx



which irritates delicate vocal tissues. Individuals who regularly rely on the use of their voice must strongly consider quitting smoking in order to protect the sensitive organs responsible for producing that voice.



Keep Heartburn in Check

Frequent heartburn may create voice problems. Acidic stomach fluids can spill into your larynx, causing inflammation and irritation. Discomfort will often be gone by the time you want to sing, leaving you to wonder why your voice is hoarse. (*Silent reflux symptoms include*

frequent throat clearing, coughing, hoarseness, difficulty swallowing, and the sensation of something stuck in the throat.) If this is occurring, get a check-up with your doctor.

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*Stay Hydrated
During the Holidays!*

NOMC Water Challenge



*Keep Your Body
In Tune!*

Support the NOMC



It's that time of year! Please consider a year end gift to the New Orleans Musicians' Clinic. Every dollar counts. Your gift provides health care to a local performer.

