

# SING

T H E C O U R S E

## *SING with Vocal Health*

You must be healthy to SING! There's nothing worse than having a singing performance scheduled and you can't sing due to poor health. I'm writing a whole book on this one subject alone! *Look for a SINGER's Health and Recipe Book coming out soon.*

Because I can't cover everything it takes to be healthy as a singer, let's dive into the top three tools that you can use to protect your voice.

1. YOUR SPEAKING VOICE IS AN EXTENSION OF YOUR SINGING VOICE!
2. EATING AND DRINKING FOR VOCAL HEALTH
3. MOISTURE AND HUMIDITY

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## T H E C O U R S E

### I. YOUR SPEAKING VOICE IS AN EXTENSION OF YOUR SINGING VOICE

By now you understand that you have three zones vertically, chest voice, middle voice and head voice. The safest place for you to speak from will be your middle voice. You don't want to be speaking down in your chest voice, which is common for a lot of people.

Lift your voice slightly up to your middle voice and support it with your diaphragmatic breathing technique. This will give you a supported voice that you can use all day without damaging your vocal cords.

**DO NOT YELL!** This is a non-negotiable rule for all singers and speakers! When you raise and push your voice into a yell, you can literally damage your vocal cords.

However, sometimes we need to raise our voices. In such a case, move your voice up to your head voice and yell from there. I have created a high-pitched sound to call my dog that works great and protects my voice. For my guys that don't want to sound too "high" pitched, when you have to yell do it from your middle voice and keep it protected. Think of it like when you're singing from your Rock and Blues Zone.

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## 2. EATING AND DRINKING FOR VOCAL HEALTH

***Water, Water, Water!*** Our bodies are about 60% water, give or take. And, we're constantly losing water from our bodies. Most health authorities commonly recommend eight 8-ounce glasses, which equals 2 liters or half a gallon per day. This depends on your body weight which could mean even more water. If you live in a dry climate or in high altitude, that amount needs to go up.

At SING, we have water bottles available that will help you keep a daily measurement of your water intake.

CAROL FRAZIER

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## ***Beverages to Avoid:***

Avoid Cow's Milk, this causes mucus. Use Coconut or Almond milk.

Avoid high acidic drinks such as Lemonade and Orange Juice. These also cause mucus build up and can damage your vocals if you drink too much.

Avoid Caffeinated drinks such as coffee, and soda. Soda in general adds too much air to your stomach and will hamper your breathing.

Avoid Alcohol, especially before you Sing or Speak. Some adults tend to hit the bottle before they sing to help their nerves. I highly recommend you avoid alcohol, so that you can literally feel your body, feel the fear, feel yourself ground, remember the lyrics, connect to your voice and connect to the audience.

## ***Safe Beverages before you SING or Speak:***

*Water, Water, Water!*

And the following: Throat Coat Tea, Egyptian Licorice Tea, Water with Lemon, Caffeine Free Herbal Tea with Honey, Pineapple, Apricot Juice, Coconut Water

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## ***Foods to Avoid before You Sing or Speak:***

Dairy Foods such as cheese, yogurt, ice-cream, cottage cheese will cause phlegm.

Spicy Foods can mess with your stomach and cause heart burn, and acid reflux which will create hoarseness.

Cold Foods and Beverages cause constriction in your throat, so avoid anything iced.

## 3. MOISTURE AND HUMIDITY

I live part time in Colorado, where it's extremely dry and the altitude is high! I have to keep a humidifier literally on my furnace, as well as run a separate one by the bed at night while I sleep. When I'm in California, my vocals cords LOVE me! The natural moisture in the air by the ocean is perfect for a singer.

So, consider where you live and adjust your natural humidity accordingly, so your vocal cords will have a lot of moisture.

Another way to stay moisturized is to drink Water!

Obviously, I can't emphasize water enough for singers, which is why we've created super cool water bottles that are available in the SING store.