

A healthy lifestyle for a healthy voice

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Introduction

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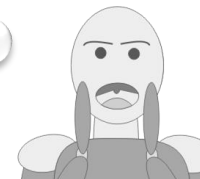
Nutrition and habits

3



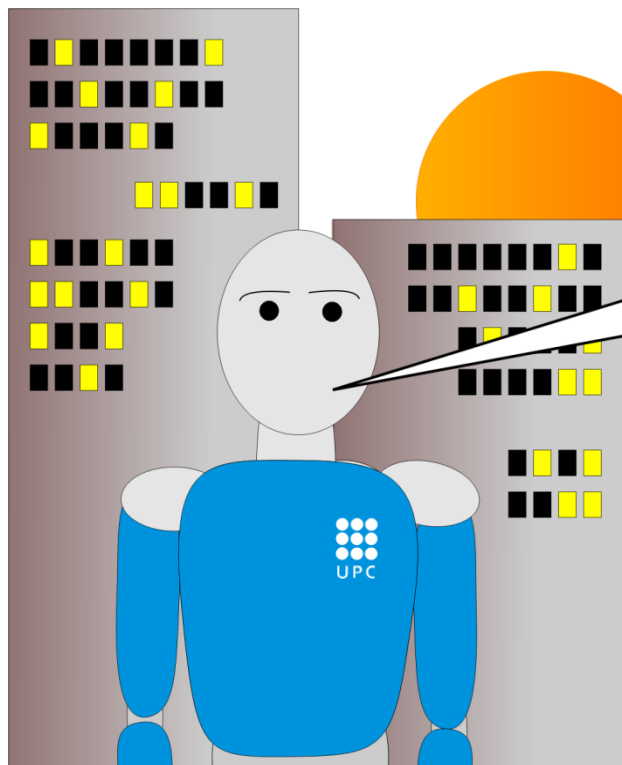
Lifestyle and environment

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Vocal abuse

A **healthy lifestyle** helps to improve vocal function.



The voice must be understood as a tool that needs **24-hour care**.

A **healthy lifestyle** helps to improve vocal function and makes us less vulnerable to voice-related disorders.

Make your voice work for you!

Follow these

general recommendations

to help keep your voice effective and healthy.

- Nutrition and toxic habits**
- Lifestyle and environment**
- Vocal abuse**



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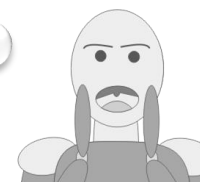
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Vocal abuse

It could be said that **we talk like we eat**

NUTRITION AND TOXIC HABITS

✗ Chewing **sweets, gum** and medicated confectionery products continuously can have a **rebound effect** and increase irritation and dryness.

✗ **Coffee** can cause gastro-oesophageal **reflux**.

✗ **Alcoholic beverages** cause congestion in the mucous membrane of the larynx and contribute to a decrease in vocal performance.

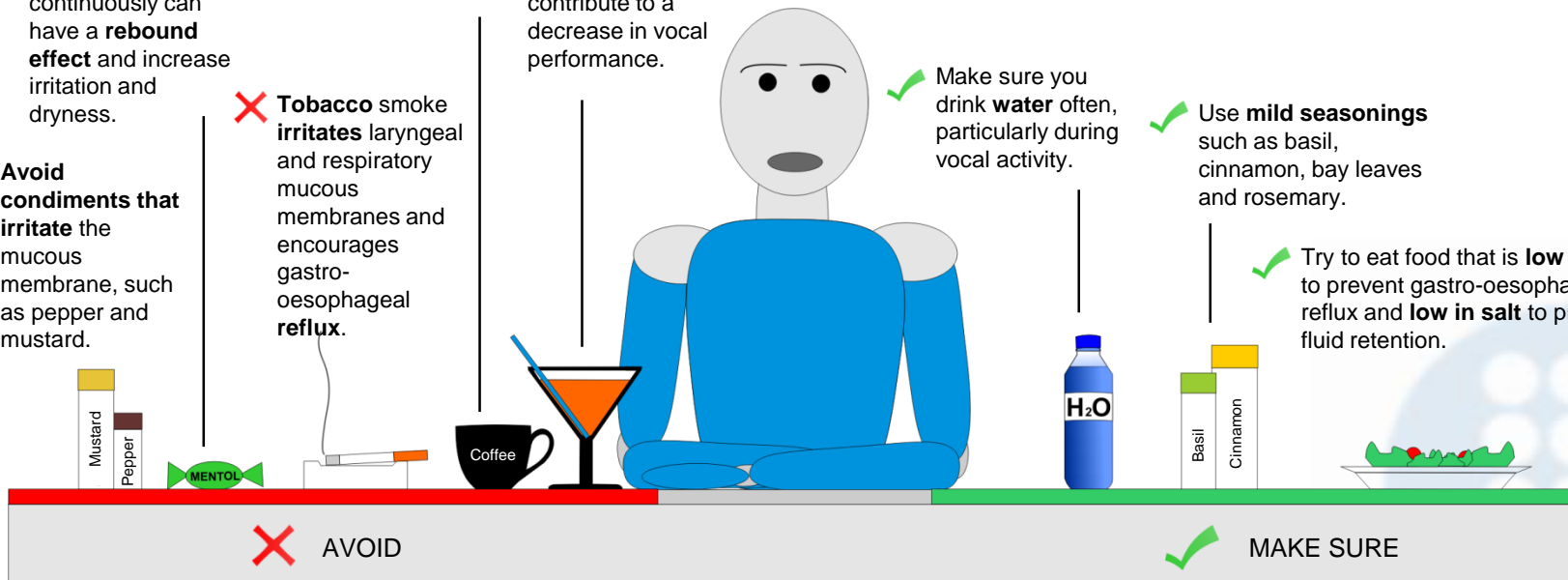
✗ **Avoid condiments that irritate** the mucous membrane, such as pepper and mustard.

✗ **Tobacco** smoke **irritates** laryngeal and respiratory mucous membranes and encourages gastro-oesophageal **reflux**.

✓ Make sure you drink **water** often, particularly during vocal activity.

✓ Use **mild seasonings** such as basil, cinnamon, bay leaves and rosemary.

✓ Try to eat food that is **low in fat** to prevent gastro-oesophageal reflux and **low in salt** to prevent fluid retention.



✗ AVOID

✓ MAKE SURE

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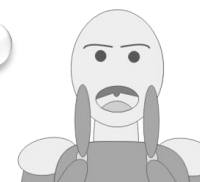
Nutrition

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Lifestyle and environment

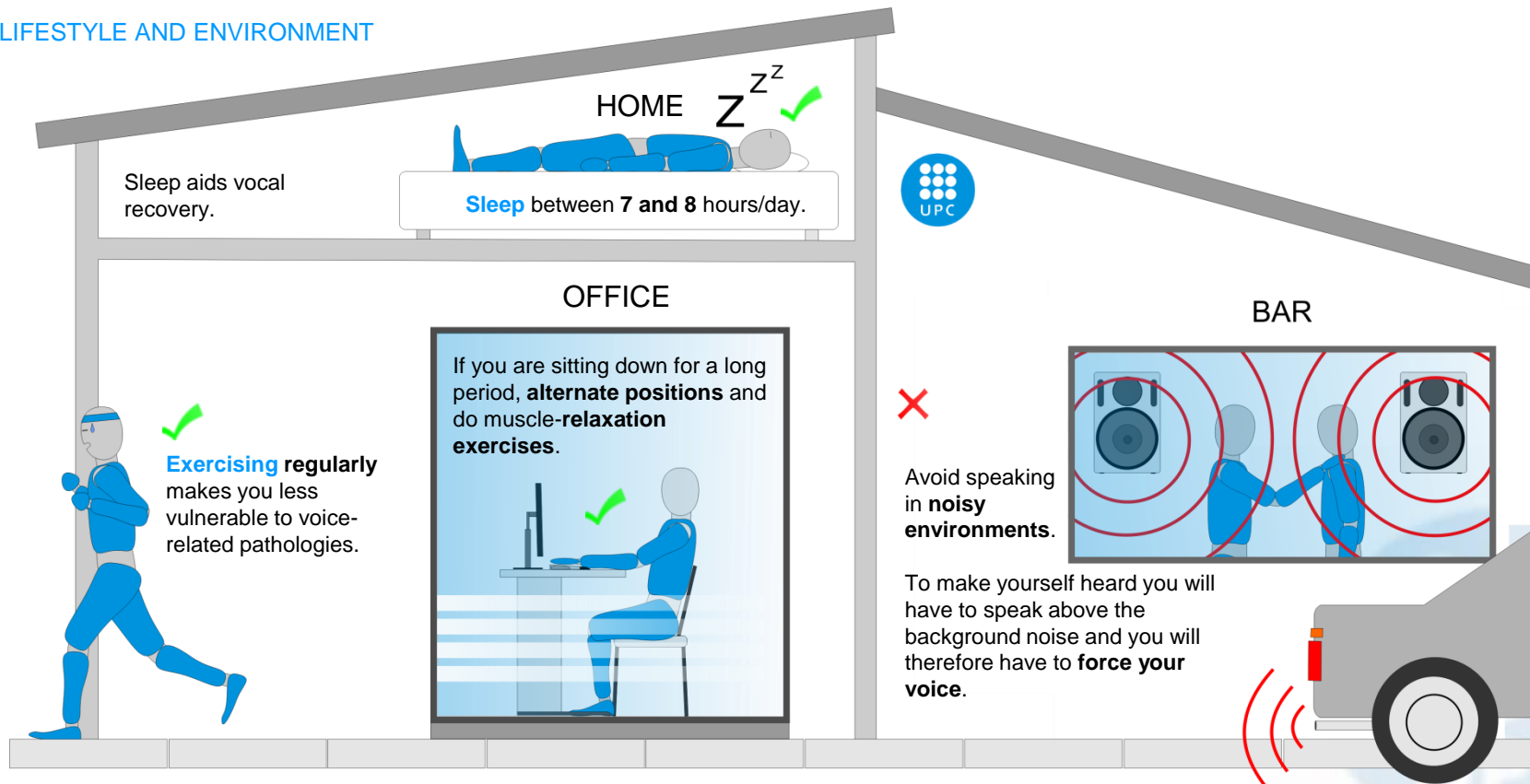
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Vocal abuse

Your **lifestyle** can affect your vocal performance. Follow these **recommendations**.

LIFESTYLE AND ENVIRONMENT



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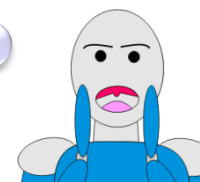
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Vocal abuse

To avoid **vocal abuse** follow these **recommendations**.

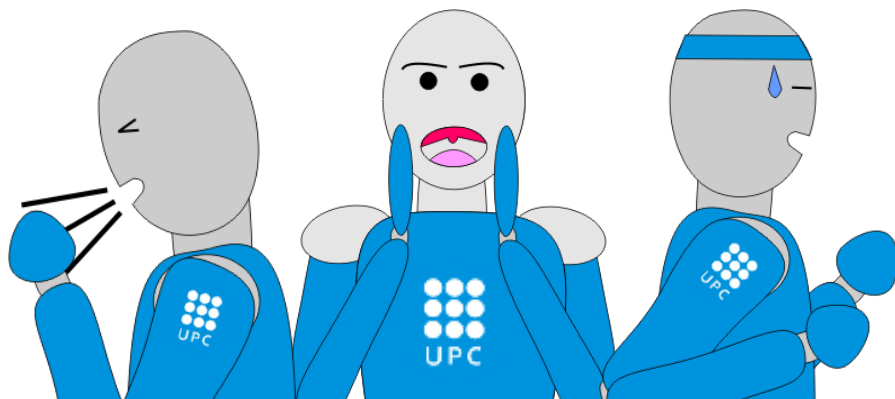
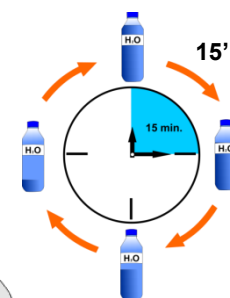
VOCAL ABUSE

✗ Avoid **coughing and clearing your throat** regularly.

✗ Avoid **shouting** regularly.

✗ Avoid **speaking** during strenuous physical exercise.

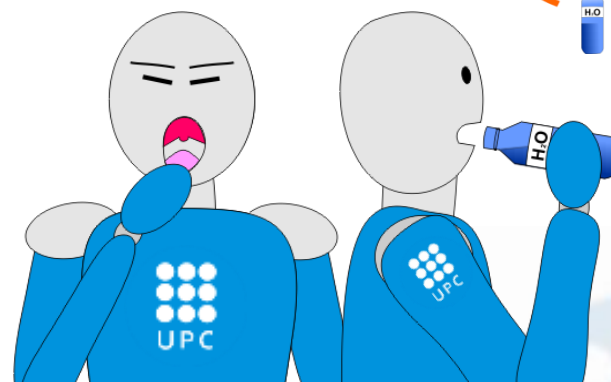
✓ If you need to cough or clear your throat, try **yawning** and **drinking water** regularly.



Clearing your throat and coughing regularly strains your vocal cords and can cause damage.

When we **shout** the glottis causes sudden friction of the vocal cords.

When you **exercise** your breathing changes and your voice is harder to control.



Yawning helps to relax the throat.

Try to drink water in small sips, swallowing it **gradually** to hydrate the vocal apparatus. If you drink quickly, the liquid goes directly to the stomach.