



Saving Your Throat

Juan Jimenez wrote:

Lots of vitamin C, the occasional hot toddy or green tea, stay away from people who already have it...

Terry Brock wrote:

Keeping throat healthy? I drink a lot of Japanese green tea. Good for building up immune system and acts as an antioxidant.

Laura Lingle wrote:

Spoonful of honey. Does wonders for the throat and the immune system.

Chris Bernal wrote:

Green tea is great. I also drink Monavie daily, which helps the body with maintaining a strong immune system. Nothing is guaranteed, but I haven't had a cold or flu in 9 months. And that's with 3 kids in school!

DAVE WireMan MASKIN wrote:

Your all wrong...

The answer is "Chicken Soup"...

Teri Clark Linden wrote:

Zicam when I start to feel the slightest dryness in my nasal passages and throat from a cold coming on - Lot's of Elderberry and Echinacea drops daily - tons of water daily - warming my voice up before doing anything in front of the microphone - going through the alphabet, a couple of scales, some humming with scales - a really good one for warming up a tired throat is humming a scale with your tongue sticking out of your mouth between your lips and moving back and forth as you go up each scale. Lots of honey and lemon in throat coat teas!

Along with tons of water, low caffeine, lots of warm up before recording, during flu/cold season I boost my immune system with echinacea and elderberry drops daily and lots of herbal and vitamin supplements. Honey and lemon in Throat Coat tea is great for a tired voice. I always have Zicam on hand and use it when I start to feel the slightest dryness in my nasal passages and back of throat like a cold coming on. I'm a big hand sanitizer user as well - keep some in my purse at all times (as the mother of a three and a half year-old I'm extra prone to germs!)

Joyce Weiss wrote:

Throat Coat Tea works best for me.

Jon Schwartz wrote:

When I was doing a musical show with several midnight performances in the schedule my voice was tired, hoarse, and soar. I made a syrup of organic apple cider vinegar and honey. Keep it thick. It broke up mucus, soothed the irritation and perked me right up, especially if I mixed in some bourbon. It however didn't make me a better singer.

Alice de Sturler wrote:

That would have to include taking care of your sinus by using a saline spray to clean out the nose. If you don't, you get a drip that flows down to the throat and makes you cough. You can get saline sprays in grocery stores for about \$2.

Marilyn Suttle wrote:

I have two secrets in my arsenal for keeping my speaking voice healthy.

- 1.Throat Coat tea made by Traditional Medicinals. It's a caffeine free herbal tea, delicious and very soothing. Found in regular grocery stores too.
- 2.When my throat is strained, I use Entertainers Secret right before a presentation. This little spray lubricates and makes my voice feel and sound normal. Found at www.entertainers-secret.com

Paige Dumoulin wrote:

Oh my you hit on a topic near and dear to not only myself but my parents as well. Hands down the best way to fight off infection, cold, flu etc is to inhale hydrogen peroxide several times a day.You simply place it in a bottle that creates a mist then inhale with each spray. In addition you might

want to consider a nasal spray which includes Grapefruit Seed Extract and Normal Saline.

My parents have gotten me started on the "holistic medicine" approach to a healthy lifestyle and I am only sold on the idea based on the 180 degree turn around in their health status. The best website to visit for excellent information is www.earthclinic.com Considering I am an RN I thought this approach at one time was "bogus" but I believe differently now that I have seen the effects with my own eyes.

Leslie Stambaugh wrote:

My best defense is to not get sick. I use Zicam oral mist a few times after each flight (to guard against colds) and whenever I feel I may be coming down with something. I also heed a physician's advice when I start feeling flu symptoms: change towels and pillow cases often and when you are brushing teeth, also brush your tongue -- a few strategies to mechanically get rid of as much exposure to germs as possible.

Steve Waterhouse wrote:

Slippery Elm is my favorite. You can get it at GNC. It has saved me many times!

Links:

http://www.epinions.com/prices/THAYER_S_SLIP_ELM_THROAT_LOZENGES_24_count

Linda Hurd wrote

I go back to what my mother had me do when I was young and my throat bothered me. I gargle with warm salt water (not hot). I do that to feel better. Then I drink cold water to open my throat. Remember, warmth makes things swell (thus closing your throat but soothing it), cold makes things contract (therefore, opening your throat for full sound).

Brenda Jenkins wrote:

For prevention I cover my head with a hat during the winter season. If pain is starting I rest my voice (stop talking as much) and gargle with warm salt water.

Jon Quade wrote:

In my experience my voice does best when I've been singing a lot. Most people tend to speak in one way and sing in an entirely different way (think Jim Nabors!), and that's true of me, too. However, when my voice is regularly exercised in the church choir or with my band, I notice a stark difference in not only how I speak, but how well my voice lasts through a speaking engagement

Terry "TJ" Wisner wrote:

Vitamin-C, Green Tea and lots of water. Hotel rooms are very dry and we need even more water in our system. How much? My Doc says to divide your body weight by 2 and consume that number of ounces every day. (This will also keep our speeches short, since we'll need to use the restroom sooner.)

Don't skip meals or exercise and keep that immune system working at optimal levels.

Another important element is to wash hands regularly and carry a hand sanitizing gel for those times you can't get to a lavatory.

If you still loose your voice- start doing the shots, lemon and honey. It won't help much but you might feel better for a few hours.

Paul Lee Marr wrote:

2 ideas for you:

1. Entertainers Secret which can be sprayed into the throat (800) 308-7452.
2. Organic Throat Coat Caffeine Free Herbal Tea from Traditional Medicinals.

Curt Dombecky wrote:

Daily nasal rinse with salt water. This is the best thing I have found...since I have been donig it religiously I have not gotten sick either. I reallly notice the difference if i rinse about 1 hour prior to singing.

Peter Watts wrote:

A cup of herbal tea with honey is a great rescue-remedy if the bad throat strikes right before you're due to speak. Must make sure it's caffeine-free because caffeine just increases the strain on the vocal chords.

If I get a little warning of the approaching bug, then I use tea tree oil. Put a couple of drops onto a tissue and sniff regularly. Even better, put it into a

vaporiser. Tea Tree (as any good aboriginal will tell you) is nature's strongest disinfectant and can blast germs like nothing else.

For the ultimate cure, try a hot bath with a few drops of tea tree oil in the water. Lie back and inhale. Not just relaxing, but an absolute bug buster as well!

Ed Rigsbee, CSP wrote:

Flu shot in the fall. I keep a tin of "Fisherman's Friend" in my computer bag. At gigs, I'll generally drink tea before I go on.

Marcey Walsh wrote:

This is a good question, for me, my throat is my indicator of something going wrong, I watch it like a hawk!

All the usuals:

- Super hydration of course
- I always get a flu shot (not too early , not too late<G>)
- Zicam whenever I feel "funny" and airborne when I fly.

If things really go south, Cepecol, or other numbing spray and a throat spray, I think it's! Speakers Friend (?)

Dale Irvin wrote:

Scotch works best for me but if you don't have any, red wine will do.

Jim Ziegler, CSP, HSG wrote:

There is one, and only one surefire cure for flu and viral crud we catch every year...A couple of years ago a freind told me about this when I had a lingering crud, throat congestion, nasal, awful thing. Now, I usually don't go in for herbal folk remedies, but WTH, I tried it. Phenomenal results AND it's worked every time I ever tried it. It killed it within a day...one day...gone!

Go to the vitamin store and ask for Echinacea & Goldenseal. Take three or four...healthy sized dose, nothing harmful here. It is a combination of a flower and a root...herbal cure and it really works.

Roger Blair wrote:

I find that stopping the problem early is the best. I use Zicam nasal gel at the first sign of a cold or sore throat. When I get it early, it typically doesn't

develop into a full fledged cold. Works for me.

Catherine Glynn wrote:

First, I would suggest an ounce of prevention by washing your hands-- especially if you have come into contact with folks who have, or you suspect have, a bug. That being said, I am not a fan of the hand sanitizers as I think they strip a lot of the essential oils and 'good' bacteria.

But if you have already caught a bug, stay hydrated! Drink lots of water and if your throat is really rough and the herbal soothers and whisky aren't doing their job, try humming-very very gently. It's like a mini-massage for your tired chords.

Denise Anne Taylor wrote:

Plenty of Water (warm/room temp. with a touch of lemon), avoid caffeine products, no smoking, plenty of rest, and speak from your diaphragm versus a more shallow approach to ease the vocal cords.

In public as presentor, it is common to shake alot of hands, so keeping hands clean and germ free will assist in the possibility of spreading a virus. The remaining advice stands, as it is not so much the flu that is the concern but contracting a cold which may lead to a sore throat. The flu is rarely associated with the contraction of a sore throat. However, if someone is experiencing the early signs of flu like symptoms, Theraflu will get you through.

Susan Shwartz PhD wrote:

Don't smoke. Hydrate. Wrap up. Don't move too rapidly from one temperature extreme to another. If you think you're coming down with something, try brandy.

Gail Offen wrote:

I recommend those Emergen-C packets (you can buy them in boxes at drug-stores, health food stores or even Target) 1000 mg of Vitamin C (and some other vitamins) that you can mix in a bottle of water. A quick hit of energy--- very popular on movie sets and other productions. Try the cranberry!

Deborah Merriman wrote:

Doug Stevenson, professional speaking coach and founder of Story Theater International (www.storytheater.net) suggests the following: Traditional Medicinals Throat Coat tea; Ricola herbal throat lozenges; Young Living Thieves lozenges (contains essential oils of clove, lemon, cinnamon, eucalyptus and rosemary) (contact deborah@dougstevenson.com for Thieves lozenges)

James Feldman, CITE, CPIM, CPT, MIP wrote:

I take Vitamin C and Prenatal Vitamins daily. In addition I rinse with a strong mouth wash twice a day. . I do not smoke or drink alcohol, I don't scream at sporting events, and I drink lots of fluids.

In addition I only drink great wines, eat rich foods, and watch pretty women. While none of these help a sore throat they do make me feel better.

This was compiled from people's answers on LinkedIn.
Thanks to all who contributed.

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