

Your voice is a vital asset

With the arrival of Easter we also see a change in the Season and the weather. Whilst the cooler weather may be a welcome relief- it can bring with it colds and the flu and tickles in the throat. When experiencing this it is important to take care of your voice. Your voice is an important asset as we rely on our voices to inform, persuade, and connect with people. We use our voice throughout the whole day! So how can we help to care for our voice during this changing Season?

- Drink plenty of water and avoid caffeine as it tends to cause the body to lose water. The loss of fluids dries out the voice and adds to any irritations. Keeping your throat moist from water can help reduce the damage coughing can cause.
- Include plenty of whole grains, fruits, and vegetables in your diet. These foods contain vitamins A, E, and C. They also help keep the mucus membranes that line the throat healthy.
- Avoid talking or shouting over loud noises. Trying to talk above noise causes strain on the voice. Move closer to people you want to talk to rather than trying to project your voice.
- Use lozenges for your throat that are NOT medicated as they dry out the mucous membranes in the throat leaving it even more prone to soreness and redness. Barley Sugar can be a useful alternative.
- Remember, too, that colds and the flu are caused by viruses, and antibiotics only help with bacterial infections.

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