

## For Your Consideration...

The following are some products that I've found really helpful throughout my performing career that I thought I'd share with you. **None of these products are miracle cures for voice problems or illness** but are simply things that soothe a fatigued or dry throat in some way. ***If you are having persistent voice trouble you should seek medical attention.*** As with any product, you should give it a try before a performance to see how your body reacts to it. You might find that some of these products work great for you, but some might not, so use with caution.



If you're looking for something to soothe your throat before, during, or after a performance, give this a try. I am obsessed with these little packets of magic! Pour one packet into either hot or cold water and then sip. The ginger, honey, and cane sugar provide an amazing soothing sensation to the throat. I prefer having it in hot water, but it's great in either. I know you can get them at Whole Foods, but you might try your local health food store as well.



Gotta love good ol' Entertainer's Secret. This has been my saving grace for dry throat for many years. I've used it when performing in dry environments or when taking medications that cause dryness. I love this stuff. You can buy it online or at some music and health food stores.



Thayer's makes a dry mouth spray as well that you can usually find at any health food store. They have menthol and citrus. Always use the citrus when you're singing and not the menthol. You don't want your throat numb when you're singing! That's a no-no!



I love Thayer's Slippery Elm lozenges as well. They are tasty and help keep your throat hydrated and soothed through a long day of singing. I like the tangerine flavor but they do make cherry and maple that I'm sure are delicious.



These pastilles are awesome as well. They last a long time and have a more gummy like consistency. They soothe and hydrate the voice and I think they taste yummy!



These are yummy too! They even make a version that has herbs for stress relief included. I haven't used them specifically for stress relief but know people who have and they give them a thumbs-up.



This little red box contains a pastille that is from the UK and available online. I love these well before or after a performance. It soothes the voice in ways the other pastilles don't because it includes a light menthol flavor in addition to other natural ingredients. I would *never* recommend using this pastille during a performance because of the mild numbing sensation, but afterwards or during the day before a performance they can be very relieving of fatigue or irritation.



Singer's Saving Grace can be found at just about any health food store as well. There are many different flavors as well as alcohol-free versions. This spray will soothe your voice and does also provide a slight tingling effect. I would be easy on this spray during performance until you know how numb it makes your throat. No singing on a numb throat!



Although this isn't directly a voice product I find it is helpful with my singing health particularly during allergy season. Alkalol is a natural soothing nasal wash, cleaner and mucus solvent. If you add this as directed on the bottle to your neti pot or other nasal wash system, it will aid in cleaning your sinus cavities and help rid your sinuses of mucus.

If you have a product that you can't perform without, let me know. I'd love to try it and maybe include it on this page. And remember, these are simply products that help soothe a fatigued or dry throat and not cures for illness or chronic voice problems. If you are having vocal problems, please seek medical attention.