

## Healthy Voice Tips for Conferences

Avoid known dietary diuretics such as caffeine and alcohol. Diuretics cause more liquids to leave your body than is received during consumption—thereby contributing to dehydration and diminished laryngeal lubrication.

Avoid iced beverages, which are roughly 40 degrees colder than your throat and cause the vocal folds to tighten. Warm drinks are best.

Avoid use of *over the counter* spray or lozenge products that have the word “anesthetic” on the label. They may decrease pain sensitivity in your throat, but they also reduce the coordination in the vocal tract. The pain is there to remind you that you are doing something wrong!

Avoid breathing through your mouth in cold winter weather. Breathe through your nose, so that air can be filtered and warmed before hitting your vocal folds.

Do not use strained vocal productions. Talk in an easy manner: hold your head straight when you talk. Do not strain the muscles of the face, throat, neck, and shoulders. Use a good rate of speech and open, relaxed posture of the mouth and throat.

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