

The Do's and Don'ts of Vocal Health

Basics of Vocal Pedagogy, Clifton Ware

Do

- Consume a variety of nutritious foods, beverages, and vitamins
- Attain and maintain physical fitness with regular aerobic and muscle-toning workouts
- Obtain sufficient rest, sleep, and recreation
- Maintain a humid living environment (40-50 % humidity)
- Maintain body hydration by drinking 7-9 glasses of water daily
- Use efficient vocal technique in speech and singing
- Use the voice judiciously
- Wash hands frequently

Don't

- Inhale or ingest harmful substances such as caffeine, alcohol, recreational drugs, tobacco, and polluted air
- Pursue an overly stressful lifestyle
- Make physical contact with persons who have contagious diseases
- Work or live in noisy, polluted environments
- Speak too much or too loudly, especially in noisy environments
- Scream or clear the throat too much
- Use over-the-counter preparations for colds and allergies, especially antihistamines