TAKING CARE OF YOUR VOICE
I’m excited to share my tips and tricks with you—to help you take care of your voice so that it lasts a lifetime! I used to lose my voice all the time from overuse and constantly get sick! Over the past number of years, I’ve learned how to protect my voice and keep my immune system supported so that I always have my voice when I need it. And I want the same for you!

The human voice is an amazingly beautiful thing! Thank you God for creating us in such a beautiful and wonderful way!

Who are some of your favourite singers? What do you love about their voices? What is a song that has touched your life in a special way? What stands out to you about the vocal performance of that song?
We need to start thinking of our voice as an instrument. The more we understand our instrument, the more we'll be able to find consistency in our vocal performance... even on days when our voice is struggling.

The major difference? If you don’t take care of your voice, you can’t go out and buy a new one!

The vocal cords and surrounding muscles are tiny and prone to injury. Singing improperly and not taking care of the voice properly can lead to serious vocal issues that are unfortunately becoming more and more common. Many singers these days are having to undergo vocal surgery and cancel their tours (yikes!). Artists who sing pop, rock, and other commercial styles of music often have unique voices with incredible vocal texture—i.e. raspiness, grittiness, an extra breathy sound—and this type of singing requires proper technique, extra rest and vocal care!
**Vocal Nodules**

Also called “nodes.”
Noncancerous growths on the vocal cords caused by vocal abuse (singing or speaking with too much tension on the voice).

**Vocal Polyp**

A fluid-filled bump on the vocal cords.

**Vocal Hemorrhage**

A burst blood vessel in the vocal cords.

**NOTES**

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INTRODUCTION
TAKING CARE OF YOUR VOICE
Symptoms of a Vocal Injury

Symptoms:
- hoarseness
- breathiness
- rough/scratchy voice
- sensation of a "lump in the throat" or neck pain
- decreased range
- vocal fatigue

Which (if any) of the above symptoms have you felt in your voice?
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How often do you feel the discomfort? Once in awhile? Or have the symptoms persisted over several months or more?
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When do the symptoms arise? (I.e. after worship rehearsal, after Sunday service, when you wake up in the morning, after a day at work, after you eat, after certain foods, etc.)

If you feel these symptoms once in a while after a particularly long day of singing or when you’re coming down with a cold... you don’t need to worry about having caused permanent damage. Just make sure to rest your voice! If you catch it early enough, the body will heal itself and reverse the damage, but if you keep using your voice when the muscles are fragile, it will get worse and can potentially cause permanent damage.

If the symptoms persist, see your doctor to get referred to a specialist who can take a look at your throat and diagnose the issue.

NOTES
1 Corinthians 6:19: "Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself. For God bought you with a high price. So you must honour God with your body.”

It is a disservice to God and to our congregations when we don’t take good care of our voices. God deserves more than a broken, busted, stressed out, un-warmed-up voice!

Stay tuned for my top 7 tips to get your voice in top shape!

How do you take care of your voice? Share your own tips and strategies in the comments under each video!
TIP #1: VOCAL WARMUPS

TAKING CARE OF YOUR VOICE
3 things I hear on a regular basis...

“I don’t warm up my voice. I didn’t know I should?! How do I do it?”

“Yeah, I warm up my voice on the way to church. I just sing the most difficult song that I’ll be doing that morning, and that warms up my voice.”

“I’ve never warmed up my voice! I don’t need to... my voice has always worked just fine without warming up!”

Yikes. Yikes. Yikes. Let me help you!

Warming up your voice will:

- prevent your voice from damage and injury
- help you hit the high notes
- help you hit the low notes
- take strain and pressure off your vocal cords
- allow you to access full tone and resonance
- help you reach your vocal potential
Most singers don’t warm up at all or they don’t know how to warm up their voices properly. When we jump in quickly to sing, our voices break down quickly. If you want your voice to last for years without deterioration, you need to begin a vocal warmup routine!

Olympic athletes take their craft seriously. For hours before their event, they are preparing their bodies — warming up their muscles, jogging, and stretching things out!

It’s time to take your craft seriously and learn to be a vocal athlete! Singing a song is not warming up! When we sing on cold vocal cords, we’re forcing the voice into heavy, full muscle coordinations. What happens? The vocal cords swell up, the voice starts to crack, it becomes fatigued quickly... and it's difficult to get it out of that state. It can even lead to vocal nodules or vocal hemorrhaging over time. Double yikes!
Morning is... not my favourite time of day. But I do admire those of you who LOVE mornings!! Although morning is a wonderful time of day (for some), it's not the most ideal time for singers (ahhh yes... that’s why I don’t love it) because the vocal muscles are just waking up and are prone to injury. But as worship vocalists, we need to sing in the morning (hello SUNDAY!), so we need a strategy to ensure our voice stays healthy and we hit all those notes (hello worship song OCTAVE JUMP)!

Your voice will work best if you begin warming up 1.5-2 hours before you need to sing. Yes, you read that right. 1.5-2 hours. I learned the hard way. I used to roll out of bed and try to sing at the top of my lungs, and I ended up with a tired, raw, horrible-feeling-and-sounding voice ALL the time. Thank God I found a vocal coach who taught me to warm up or I probably would have no voice today!

The longer you warm up for, the longer you’ll be strong for. A slow, methodical, gentle warmup will give your voice longevity. The more demand on your voice, the more important this is!
Be patient and relaxed as you warm up. Don’t be concerned about the quality of your voice at first. If you start to feel any strain, pressure, or tightness... just back off! The idea is that we’re moving from light to heavier coordinations in the voice—from thin vocal cords to thick vocal cords. We’re saying “Hello voice! Let’s get along today!”... not trying to force our voice into submission! So ease in, and have a good time while you’re at it!

Some of the warm up scales I’ve provided for you go pretty low and pretty high! Why? It’s important to warm up the entire range (even the notes we won’t be singing in the songs), so that our voice doesn’t hit a ceiling on the high notes and bottom out on the lows. As Brett Manning says: “If you can dunk a 10 ft basket, it makes dunking on an 8 ft basket feel like a piece of cake!”

Here’s your morning warm up routine! Parts 1, 2 and 3 should ideally be done over the first hour of being awake in the morning, taking breaks in between sections. A good rule of thumb is 2-3 minutes on, 10-15 minutes off. This allows your voice to warm up slowly and systematically, and your voice will love you for it! “I don’t have time to warm up” is not a valid excuse! Build it into your morning schedule, and learn to do the warmups as you’re doing other things to get ready (hooray for multi-tasking!).

Warmup Part 1

LIP ROLL SLIDES

Buzz your lips, keeping it relaxed and in a comfortable range. Don’t push your voice higher than it wants to go. Focus on an even, clean tone in the voice. Use your fingers to push in on the muscles around the lips, to help the lip roll stay relaxed and keep your lips engaged. (If you have a hard time with the lip rolls, you can roll your tongue instead).

BREAK (10-15 minutes)
Warmup Part 2

LIP ROLL SLIDES
A few more of the same!

NG HUM
Now, move into some light humming on an NG (like the end of the word SONG). Feel the resonance at the front of your mouth and nose, right at the front of the face. Keep it relaxed and in a comfortable range!

BREAK (10-15 minutes)

Warmup Part 3

LIP ROLLS
Back to a few more lip rolls!

VOCAL FRY
Groggy vocal fry. Doesn’t really matter what sounds you’re making in the vocal fry, just that it’s relaxed! OHHHHHH. WOW. AHHHHH.

BREAK (10-15 minutes)
Warmup Part 4

This final section is best done after you’ve been awake for at least 45-60 minutes. These warm ups move into heavier coordinations in the voice, so it’s important that the body be awake and the blood be flowing!

**LIP ROLL**

Lip rolls on an octave scale. Don’t be overly concerned if your voice is not connected right away! Allow the voice time to find itself and build strength and connection. If the scales go too high, don’t push on your voice — just sit out for a couple scales, then jump back in!

**NG HUM**

NG hum on a 5-tone scale. Make sure to feel that buzz in the nose as you do this warm up! Focus on slurring each note smoothly (not choppy!) down to the next one.

**HEAD VOICE GOO**

GOO on an octave scale. The head voice resonates (buzzes) in the head and the top of the nasal cavity. It’s important to find a pure head voice that sounds clear, clean and pointed, rather than breathy and airy. If the scale goes too high, sit out for a couple, then hop back in.

**HEAD VOICE WOO/WEET**

Slide a few times on a WOO and WEE sound. Let your voice be free!

**CHEST VOICE MUM**

MUM on a 5 tone scale. Chest voice resonates in the chest cavity and the mouth. Aim for a speech-like tone, and just like with the head voice, you want to make sure you’re getting a clear tone (not breathy).
**PHARYNGEAL NAY**

NAY on an octave scale. The pharyngeal voice resonates in the nasal cavity and pharynx, and it should sound super bright, nasally, and obnoxious. Don’t try to sound pretty!

**PHARYNGEAL NO**

NO on a long scale. Make sure you feel the resonance at the front of the nose (not a guttural “NO” sound—you don’t want to be yelling in chest voice!).

**FULL VOICE MUM**

MUM on an octave scale. This warmup puts it all together! We’re putting the chest voice, head voice, and pharyngeal into a more neutral sound that warms up all three resonators and gets your voice ready for the low, middle AND high notes in the songs you’ll be singing.

Hopefully when you’ve done these warm ups, you feel freedom and release throughout your range!
TIP #1: VOCAL WARMUPS

TAKING CARE OF YOUR VOICE

SELF ASSESSMENT

Do you usually warm up your voice before you sing?

_____________________________________________________________________

What are the biggest obstacles to you warming up your voice? What excuses do you find yourself making? (i.e. not enough time... kids... space... etc.) What can you do to overcome these obstacles?

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Have you noticed a difference when you warm up your voice vs when you don't warm up?

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Which warm ups do you like the best? Which ones make your voice feel great?

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Got questions about your voice? About warming up? Post them on the lesson page at www.theworshipvocalist.com or email me at charmaine@theworshipvocalist.com — I’m always happy to answer questions!
TIP #2: HYDRATION

TAKING CARE OF YOUR VOICE
TIP #2: HYDRATION

When the body is well hydrated, the voice is happy! When the body is dehydrated, the mucous lining on the vocal cords becomes dry and the voice won't function properly. Try rubbing your dry hands together... feel the friction! When you sing, your vocal cords are vibrating together between 100-1000 times per second, so just think about what your voice feels like when you sing on dry vocal cords (not good)!

Singing with dry vocal cords causes:

› vocal fatigue
› vocal breaking and cracking
› loss of control
› limited range
› excessive throat clearing
› and eventually... vocal damage!

The best ways to hydrate your voice:

› Room temperature water (Cold or hot water is a shock to the muscles and mucous membranes, so we want to do everything we can to keep those muscles at ease)
› Warm herbal tea (I like Throat Coat by Traditional Medicinals and Bravissimo by David’s Tea)
› Watermelon
› A humidifier in your bedroom while you sleep (many people sleep with their mouth open, and this dries out the vocal cords extra quickly)
Don’t wait until you’re thirsty or right as you go on stage to sing. It’s best to hydrate at least 20 minutes beforehand, because it takes that amount of time for the water to hydrate your body and your vocal cords!

They call it the 8x8 rule: aiming to drink eight 8oz glasses of water every day. But depending on your lifestyle, you may need more! The more demand you put on your voice —this goes for singing and speaking—the more intake of fluids you need!

Tip: Find a water bottle you LOVE to drink from. You’ll find yourself drinking WAY more water throughout the day!
Limit these irritants that dry out the voice:

- caffeine
- alcohol
- sugar
- antihistamines
- diuretics
- medications
- cigarette smoke
- cold, dry or dusty environments
- heaters in the winter
- air conditioners in the summer

Have you noticed your vocal performance suffering because of any of these irritants? What can you do to limit them?

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Got questions about your voice? About hydration? Post them on the lesson page at www.theworshipvocalist.com or email me at charmaine@theworshipvocalist.com — I’m always happy to answer questions!
TIP #3: VOCAL REST

TAKING CARE OF YOUR VOICE
Vocal rest is one of the most overlooked things when it comes to taking care of the voice! The vocal muscles are small and prone to injury. Just as an athlete would rest his muscles in order to recover, so we need to rest our vocal muscles for optimum performance! Keep in mind that the more you use your voice, the more you need to rest your voice.

Some tips for vocal rest that will help you restore your voice and maintain optimum vocal performance:

- Get as much sleep as you can at night.
- Don’t abuse your speaking voice by talking loudly in noisy places. Our efforts to take care of our singing voice go out the window if we don’t take care of our speaking voice... because they’re one and the same!
- Adopt practical strategies for vocal rest. For example, a day of vocal rest per week, texting instead of talking, or learning sign language!
SELF ASSESSMENT

List the main ways you use your voice (speaking and singing) in a week. (i.e. on the phone for your job, meetings, worship rehearsal, Sunday morning, etc.)

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When does your voice feel the most tired (after which activities, which days, etc.)?

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What are some vocal rest strategies that you could start using?

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The bottom line is... if it hurts your throat to sing, don’t sing.

If there is pain in your throat, hoarseness, or your voice sounds husky and low (or you can barely make any sound), DO NOT SING! The damage you could do while singing on injured or inflamed vocal cords is not worth it.

If you are sick but the symptoms are not affecting your throat, it is safe to sing. Listen to your body and be careful! Keep in mind that the voice will recover much quicker if you listen to your body’s warning signs early on and rest your voice.

Got questions about your voice? About vocal rest? Post them on the lesson page at www.theworshipvocalist.com or email me at charmaine@theworshipvocalist.com — I’m always happy to answer questions!
TIP #4: DIGESTION

TAKING CARE OF YOUR VOICE

THE WORSHIP VOCALIST
Digestion has a HUGE impact on the voice! I’ve seen many singers' issues solved just by making changes to their eating and drinking habits.

Acid reflux is when acid from the stomach flows up the esophagus. The opening to your esophagus (the tube that delivers food from your mouth to your stomach) is right beside the opening to your trachea... which becomes a major problem for singers because the acid has a negative effect on the vocal cords!
Many people think that they only have acid reflux if they feel heartburn; however, many singers experience what’s called laryngopharyngeal reflux (often called silent reflux because you don’t feel any pain or burning) and they don’t even know it’s happening.

Common symptoms of silent reflux acid are:

- hoarseness
- dry and inflamed vocal cords
- excessive throat clearing
- vocal fatigue
- bad vocal days for no good reason!

The best ways to control reflux and encourage healthy digestion:

- Eat lightly before singing.
- Eat healthy (especially before singing!).
- Eat well in advance of singing. Don’t stuff down food just before you lead worship.
- Don’t overeat. Overeating can cause acid reflux and will restrict your digestive organs and breath support.
- Eat moderate amounts of food throughout the day, rather than overindulging at mealtimes.
- Eat a healthy, balanced diet of food.
- Limit foods known to cause excess stomach acid, such as spicy foods, sugar, coffee, and fatty junk foods.
- Cut out refined sugar as much as you can, as it compromises your immune system and causes inflammation in the vocal cords.
› See how your voice reacts to dairy. Some singers find that dairy products cause excess mucus, which gets in the way of singing; others find it doesn’t affect their voice at all!

› Avoid eating 2-3 hours before bedtime, to give your body time to digest before you lie down.

› If you do eat right before bed, sleep with an extra pillow to keep your head at an angle, so the acid stays down.

› Exercise regularly.

› Maintain a healthy body weight.

› Avoid smoking and breathing in cigarette smoke in smoky places.

› Avoid tight clothing, as it restricts your stomach and digestive organs.

Of course, it’s important to enjoy life, and nobody makes perfect decisions all the time! But the more serious you are about your voice... the more important it is to you, the more you’ll cherish it and protect it, and this includes keeping a close eye on digestion for optimum vocal health!
SELF ASSESSMENT

Are there any things from the above list that you know you need to start doing? Ie exercising more, not eating before bed, etc...

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Have you noticed any foods or drinks that affect your voice negatively? (need I say... have less of these!!)

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_____________________________________________________________________
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Have you noticed any foods or drinks that make your voice feel awesome? (need I say... have more of these!!)

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Do you know (or suspect) that you struggle with acid reflux? What symptoms do you have?

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TIP #4: DIGESTION
TAKING CARE OF YOUR VOICE
NATURAL REMEDIES FOR DIGESTION

DigestMORE

DigestMORE is a plant-based digestive enzyme formula designed for digestive problems that are mild to moderate in severity or do not occur every day. It is also useful for digestive problems that occur with a specific type of food or quantity of food.

DigestMORE can be helpful if:

- You have difficulty breaking down large meals, or specific foods (i.e. proteins).
- You have gas or bloating after eating certain types of foods.
- You have gas or bloating after combining certain types of foods (ex. proteins with carbohydrates).

When DigestMORE is taken with a meal, it works to break down foods into their smallest usable components (nutrients). This allows the body to absorb the maximum amount of nutrients from your meal. When food is effectively broken down, the overall function of the digestive system is improved, including a reduction in the amount of gas produced. DigestMORE also contains ingredients that are essential to repair and soothe the digestive system.

Buy online: http://theworshipvocalist.com/buy/digestmore
Di-Gize Essential Oil Blend

Di-Gize is a blend of oils by Young Living that promotes a healthy digestive system and soothes stomach discomfort. It is an incredible blend of eight different essential oils: peppermint, lemongrass, juniper, patchouli, fennel, ginger, tarragon and anise!

How to use:

- Topically (apply to stomach area in a clockwise motion)
- Directly inhale (just sniff it in!)
- Diffuse (using cold air diffuser)

Buy online: http://theworshipvocalist.com/buy/digize

If you struggle with acid reflux, and diet changes and/or natural remedies don't help enough, see your doctor. For chronic symptoms, you may need a prescription or need to be referred to an ENT to take a look at your vocal cords.
If you want to get really serious about this, try keeping a diary of what you eat, when you eat, and how your voice feels in comparison to what you fuel your body with! Try using the chart I’ve created for you. Print it out, fill it in for a week, and see what you discover!

One student was having random vocal fatigue, and discovered that whenever she ate tomatoes/tomato sauce, etc., her voice would feel hoarse afterwards. Another student discovered that he sang way better when he cut out dairy for a few days prior to singing. Sometimes we don’t make the connections until we see it plainly on paper!

- Write down what you eat each day, and when.
- Keep track of how much water you drink each day.
- Write down whenever you feel heartburn, gas, bloating, or other symptoms.
- Whenever you sing (i.e. church service, rehearsal, warmups, random singing in the car), take note of how your voice feels. Does it feel tired? Hoarse? Are you hitting the high notes?

### SINGER’S FOOD DIARY

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<th>DAY</th>
<th>TIME</th>
<th>WHAT I ATE / DRANK</th>
<th>WATER</th>
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<td>Mon</td>
<td>9 AM</td>
<td>bagel, cream cheese, coffee</td>
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<td>1 PM</td>
<td>slice of pizza, can of coke, brownie</td>
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<td>chicken ranch garden salad</td>
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<tr>
<td>Mon</td>
<td>10 AM</td>
<td>dry + raspy Lots of phlegm, at worship rehearsal</td>
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What are your discoveries?

 Got questions about your voice? About digestion? Post them on the lesson page at [www.theworshipvocalist.com](http://www.theworshipvocalist.com) or email me at charmaine@theworshipvocalist.com — I’m always happy to answer questions!
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TIP #5: DE-STRESS

TAKING CARE OF YOUR VOICE

THE WORSHIP VOCALIST
We’ve all felt it. Stress is a natural physical and mental reaction to experiences we have—nothing to worry about when it happens once in a while. But… chronic stress is an absolute voice KILLER… and we MUST do what we can to eliminate it!

Overfilling our schedule.
Burning the candle at both ends.
Saying yes to too many things.
Feeling constantly frayed, unbalanced, spread too thin...

Over time, these things add up. And it’s too much to handle. Stress contributes to so many health problems—mind and body. What starts out as minor irritability and anxiety can turn into serious diseases, because when we wear ourselves out, we weaken the immune system and interfere with our body’s ability to repair and replenish itself.

**For the singer, stress results in:**

- tired vocal cords
- voice cracking and breaking
- limited range and agility
- constant colds and respiratory infections
- limited concentration
- limited ability to remember lyrics and melodies
Have you experienced these vocal issues? Do you think stress is a contributing factor?

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Can you identify chronic stress in your life? In what areas?

☐ health / illness
☐ emotions / anger / depression / grief / guilt
☐ constant anxiety / fear
☐ relationships / family
☐ lack of friendships / support in your life
☐ another family member experiencing chronic stress
☐ finances
☐ unemployment / job insecurity
☐ stressful or unsatisfying job
☐ post-traumatic stress
☐ Other:

_____________________________________________________________________
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What can you do to lighten the load in one or more of these areas? God’s desire for you is that you experience FREEDOM in all areas of your life! He doesn’t want you under the burden and weight of chronic stress. Take time to ask Him for guidance and for practical strategies on how you can lighten the load moving forward. 1 Peter 5:7 says, “Give all your worries and cares to God, for he cares about you.”

What do you love to do? What helps you to get your mind off of the worries and cares of life? It’s important to find activities that help you to de-stress!

"He who sings scares away his woes" (Miguel de Cervantes). One of the best ways to scare stress away is music! Good thing... because you probably wouldn’t be reading this if you didn’t love to sing!

Want prayer about a stressful situation in your life? I’d love to pray for you today. Send me an email at charmaine@theworshipvocalist.com.
TIP #6: VOCAL EXERCISE

TAKING CARE OF YOUR VOICE
“Don’t be upset with the results you didn’t get from the work you didn’t do.” *(Anonymous)*

Singing doesn’t just happen. The voice doesn’t just happen. We have to be intentional. Do the right things. Build the right foundations! When it comes to vocal success, there’s absolutely no substitute for hard work. Nothing in life worth having comes easy.

The better your vocal technique, the better foundation your voice is going to have, which results in:

- vocal stamina
- strength
- control
- flexibility
- freedom and ease
- tone
- decreased tension
- protection from vocal damage and injury
- ... and more!
How Long Will It Take?

One of the most common questions I get asked is... "How long will it take?" ... and I don’t blame you! I used to ask my vocal coaches this same question! It’s one of the most difficult questions to answer. Why?

- Every voice is different.
- Each person takes care of their body and vocal instrument differently.
- Each person has a different work ethic. Some people spend a lot of time exercising their voice; others spend little to no time.
- Some people have a budget to get private training as well (which does speed up the process because it ensures you are doing the best things, in the right way, to see faster improvement).

Vocal training is a process that doesn’t happen overnight... but it DOES HAPPEN! Developing new muscle memory takes time and lots of practice and patience, especially since most of us have many years of bad habits. But I’ve personally seen it happen in hundreds of students! Dramatic improvement!

I recommend exercising your voice 3-4 times per week, for 15-20 minutes. Check out the Discover Your Voice course for vocal workouts that will touch on each area in your voice and build a rock solid foundation!

Got questions about your voice? About vocal exercise? Post them on the lesson page at www.theworshipvocalist.com or email me at charmaine@theworshipvocalist.com — I’m always happy to answer questions!
TIP #7: NATURAL REMEDIES

TAKING CARE OF YOUR VOICE
TIP #7: NATURAL REMEDIES

Herbal tea

My favourites are “Throat Coat” tea and “Licorice Root” tea by Traditional Medicinals, as well as “Bravissimo” by David’s Tea. Helps relieve a tired voice!

Honey

Honey is a superfood containing natural antioxidants, enzymes, minerals, and vitamins... so many health benefits! Use a spoonful in your tea throughout the day, or even just a spoonful straight from the jar! Look for raw, unpasteurized honey, as commercial honey is often heavily processed and chemically refined, and the heat used in the chemical process destroys the natural enzymes, vitamins, and minerals.

Turmeric

Amazing anti-inflammatory and antioxidant properties, which makes it great for the voice if your vocal cords are tired or you feel inflammation in your throat or nasal passages. I keep it stocked in capsule, tincture, root and powdered form.
Apple cider vinegar

Amazing for its anti-bacterial properties, immune support, and digestive health. Gargle a small amount and drink it several times a day when you feel a cold coming on, or once a day for general health and immune support. Make sure it’s raw and unfiltered (it should have little floating things inside... that’s where the health benefits come from!). I warn you... it tastes terrible!

Vocal spray

Throat Saver throat spray is designed to help remove excess mucus from the throat and vocal cords, keep swelling and inflammation down, and to help keep the salivary glands active so that your mouth doesn’t get dry.

Fresh green juice

Gives you an immediate infusion of vitamins, minerals and micronutrients that are easily digestible because they are already broken down. Natural energy boost that makes your voice feel great! A juicer is a great investment in your health as a singer (and a human being!)
FRESH GREEN JUICE RECIPES

**Sweet Kale & Apple**
- 3 kale leaves
- 3 green apples
- 1/2 lemon

**Lean Green Machine**
- 2 handfuls spinach
- 2 kale leaves
- 4 celery stalks
- 1/2 cucumber
- 1/2 lemon
- 1 inch turmeric root

**Minty Green**
- 2 green apples
- 1 cucumber
- 2 celery stalks
- 1 handful mint leaves
Essential oils come from plants — the roots, resin, leaves, flowers, shrubs, seeds, etc. They can penetrate easily into our cells and are easily absorbed by the skin and into the circulatory system, often having immediate effects. I love supporting my immune system with essential oils on a daily basis!

The quality of essential oils matters—big time—when it comes to effectiveness, safety, and health! Young Living provides 100% pure, quality essential oils, and it's the brand I know and trust! Check it out at www.youngliving.com!

There are countless ways to use essential oils for health... but for our purposes I'm listing my tried-and-true uses for optimum singing health!

Check out the recipes on the next few pages...
Refresh & Purify

3 drops Thieves
3 drops lemon

Add these oils to a cold air diffuser and diffuse in your home (use more or less oil drops depending on the size of room) to kick out germs and yuck! Thieves is a blend of clove, cinnamon bark, rosemary, lemon, & eucalyptus.

Seasonal Sniffles

10 drops lavender
10 drops lemon
10 drops peppermint

Add these oils to a 10 ml roller bottle and fill to the top with a carrier oil such as pure olive oil, almond oil, or grapeseed oil. Apply on temples, neck, and feet throughout the day when you feel the sniffles.

DIY Chest Rub

6 drops lemon
6 drops peppermint
10 drops R.C.
4 drops Thieves
2 tablespoons organic coconut oil

Combine in a glass jar and keep in the fridge. Apply as often as needed to the chest, back, and feet to kick a cold and cough bug!
Need To Breathe

3 drops R.C.
3 drops peppermint

Add these oils to a cold air diffuser and diffuse in your home (use more or less oil drops depending on the size of room). R.C. is a blend of three types of eucalyptus, myrtle, spruce, peppermint, pine, lavender, marjoram, and cypress. You can also rub R.C. on your chest straight from the bottle when you need to breathe!

Sinus & Cough Relief

2 drops peppermint
2 drops oregano
2 drops tea tree
2 drops lemon

Add essential oils to a bowl of steaming hot water. Place towel over head and breathe in steam through your nose and mouth.

Immune Booster

10 drops frankincense
10 drops lemon
10 drops tea tree
10 drops oregano
10 drops Thieves

Add to a 10 ml roller bottle and fill to the top with a carrier oil such as pure olive oil, almond oil, or grapeseed oil. Apply on spine and feet multiple times per day when you feel a bug coming on.
Special Offer

Purchase a Young Living Starter Kit through me and I'll give you a FREE “Analyze My Voice” written critique — where you send in a recording of yourself singing a song and I give you my detailed feedback, suggestions for improvement, and specific vocal exercises to apply!

Questions? Email me at charmaine@theworshipvocalist.com or go straight to www.theworshipvocalist.com/essentialoils to purchase your kit.

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