A healthy lifestyle for a healthy voice

A healthy lifestyle helps to improve vocal function.

The voice must be understood as a tool that needs 24-hour care.

A healthy lifestyle helps to improve vocal function and makes us less vulnerable to voice-related disorders.

Make your voice work for you!

Follow these general recommendations to help keep your voice effective and healthy.

- Nutrition and toxic habits
- Lifestyle and environment
- Vocal abuse
It could be said that we talk like we eat

**NUTRITION AND TOXIC HABITS**

- **Avoid condiments that irritate** the mucous membrane, such as pepper and mustard.
- **Avoid** sweets, gum and medicated confectionery products continuously can have a rebound effect and increase irritation and dryness.
- **Coffee** can cause gastro-oesophageal reflux.
- **Alcoholic beverages** cause congestion in the mucous membrane of the larynx and contribute to a decrease in vocal performance.
- **Tobacco** smoke irritates laryngeal and respiratory mucous membranes and encourages gastro-oesophageal reflux.

**While you eat, make sure that you:**
- Chew and eat slowly.
- Drink in moderation at the end of the meal.
- Avoid talking while chewing.
- Avoid carbonated soft drinks.
- Avoid food and drink that is very hot or very cold.

**Make sure you drink water** often, particularly during vocal activity.

**Use mild seasonings** such as basil, cinnamon, bay leaves and rosemary.

**Try to eat food that is low in fat to prevent gastro-oesophageal reflux and low in salt to prevent fluid retention.**
A healthy lifestyle for a healthy voice

Your lifestyle can affect your vocal performance. Follow these recommendations.

**LIFESTYLE AND ENVIRONMENT**

- **Introduction**
- **Nutrition**
- **Lifestyle and environment**
- **Vocal abuse**

**LIFESTYLE AND ENVIRONMENT**

- **Sleep aids vocal recovery.**
  - **Sleep** between 7 and 8 hours/day.

- **Office**
  - **Exercising regularly** makes you less vulnerable to voice-related pathologies.
  - If you are sitting down for a long period, **alternate positions** and do muscle-relaxation exercises.

- **Bar**
  - Avoid speaking in **noisy environments**.
  - To make yourself heard you will have to speak above the background noise and you will therefore have to **force your voice**.

---

**CODE:** RE 008/03  **DATE:** OCTOBER 2014  **REVISION:** 00
A healthy lifestyle for a healthy voice

To avoid vocal abuse follow these recommendations.

**VOCAL ABUSE**

- Avoid coughing and clearing your throat regularly.
- Avoid shouting regularly.
- Avoid speaking during strenuous physical exercise.
- If you need to cough or clear your throat, try yawning and drinking water regularly.

**Clearing your throat and coughing**
Regularly strains your vocal cords and can cause damage.

**When we shout**
The glottis causes sudden friction of the vocal cords.

**When you exercise**
Your breathing changes and your voice is harder to control.

**Yawning**
Helps to relax the throat.

**Try to drink water**
In small sips, swallowing it gradually to hydrate the vocal apparatus. If you drink quickly, the liquid goes directly to the stomach.