Vocal health is something that many people take for granted. People use their voices on a daily basis but only a few of us really know how to take good care of the vocal cords. *Usually, we start looking for information about vocal hygiene, common voice problems and quick remedies once it is too late.*

Sadly, amateur singers and beginners often take the health of their vocal mechanism for granted too. I would like to think that professional voice users, like singers, actors, teachers, lecturers, doctors, salespeople and many more, know better. But the reality is that many of them end up with vocal injuries and chronic voice problems.

This ultimate guide is a **comprehensive manual to vocal health for singers**. It covers all aspects of vocal hygiene, starting with hydration, voice problems in singers and ending with practical tips about how to care of your voice during cold winters. **Everything you need to know to keep your voice healthy is right here.**
Chapter 1

How to Keep Your Larynx Hydrated

This is probably not the first time you have read this vocal tip: **hydrate, hydrate, hydrate.** Drinking plenty of water is probably the most basic tip to keep your vocal cords healthy. However, to many people this vocal habit seems to be unachievable. Here are links to great resources that explain why hydration is important for singers, what to drink and eat to keep the vocal cords hydrated and what to do when you feel dryness in your throat.

Why Hydration is Important to Singing
You and Your Voice
Vocal Hygiene: The Best Drinks and Food to Keep You Hydrated
The Power of Hydration for Singing and Performance
How to Deal with Dryness of the Throat
Chapter 2

**Nutritional Dos and Don’ts for Singers**

Voice users’ and singers’ dietary choices may affect their vocal health. Some foods, especially those consumed shortly before you go on stage, may interfere with optimal vocal performance. On the other hand, there are “good” foods that keep your vocal mechanism in perfect shape. Learn which foods can give you that extra boost and which foods will weigh you down.

[Foods That Slow Singers Down](#)
[Fuel Your Singing Voice with the Right Nutrition](#)
[Nutrition No-No’s for a Good Voice](#)
[Vocal Health: Consume with Care](#)
[5 Drinks that are Bad for Your Voice](#)
[Coconut – A Miracle Food for Singers?](#)
[What to Eat Before You Sing](#)

**Milk Controversy**

Is milk good for singers or not? Here are a couple of links to resources that take a stand in the “milk controversy” discussion.

[Milk as Menace](#)
[Should Singers Avoid Dairy? – Vocal Myths Exposed](# (video))
Chapter 3

Stop Vocal Misuse, Abuse and Overuse

We expect our voices to function properly from the moment we wake up to the minute we close our eyes at night. Vocal cords are basically two thin bands of tissue that do all of the heavy lifting throughout the day. Incorrect voice use and overuse may cause serious damage so you’d better find out how to prevent it.

5 Ways to Stop Shredding Your Vocal Cords
Disorders of Vocal Abuse and Misuse
Minimising Harmful Vocal Habits (PDF)
Dr. Karen Kost Speaks out about Vocal Abuse
Do You Strain when You Sing?
Don’t Cough, Don’t Sneeze, Don’t Clear Your Throat
Chapter 4

Help with Common Vocal Problems

Do you have a hoarse voice, do you suffer from reflux, have you injured your vocal cords or do you have allergies affecting your voice? In this worst case scenario, here is some advice from the experts. In this section, you will find all of the vocal health information you need to regain a healthy voice and sing again.

Common Problems That Can Affect Your Voice

- Why and How Professional Singers and Actors Lose It
- Laryngitis Has Many Causes. Human Stupidity is One of Them!
- Laryngitis – A 24 Hour Cure for Losing My Voice
- Vocal Health: Help! My Voice is Hoarse

Acid reflux & voice

- Acid Reflux
- Cold, Allergies, and Everything Else
- How to Remedy Allergies when Singing

Vocal Cord Nodules

- Vocal Health: A View from the Medical Profession

Home Remedies for Common Voice Problems

- Home Remedies to Help You Sing Better
- Natural Vocal Care: Using Herbs to Heal a Tired and Overused Voice
- Honey & Lemon for Singers: Fact from Fiction
Chapter 5

Voice Changes throughout Your Life

Our voices change as we get older. The first big change occurs in our teen years and for many young people (especially young men) this process certainly does not boost self-confidence. The second change happens later in life – when we have more wisdom and wrinkles but less muscular strength. As you will discover in these great resources, none of these changes are a reason to stop singing. Learn what to expect and how to maintain your voice throughout these periods.

Overview of Adolescent Vocal Development
Not Always Glee-ful: The Change in a Young Man’s Voice
Handling the Changing Voice
Vocal Changes During the Normal Aging Process
The Aging Voice
Maintaining Your Voice for Optimal Lifelong Singing
Chapter 6

How to Make Your Voice Last a Lifetime

Don’t smoke. Give sleep a priority. Exercise and drink plenty of water. Prevent vocal injuries. Technique is king. You will find these tips and many more in this section. Read through the resources and incorporate the tips into your everyday routine to make your voice last a lifetime.

Free Guide to Vocal Health
Voice Check: 10 Tips for Healthy Singing
Advice for Care of the Voice
Vocal Health: Tips for Good Vocal Health
Healthy Habits for Singers
Vocal Health Information (PDF)
Chapter 7

Healthy Vocal Habits 101

Now, that you are eating healthy, drinking plenty of water, not screaming or pushing your voice, you are ready to develop healthy vocal habits. Find out what makes up a good warm-up routine and why you should not skip it. Learn how to change bad habits into healthy habits and how to make the best of your singing session.

Keeping Your Singing Practice Healthy and Efficient (video)
5 Good Reasons to Warm-Up Your Voice before You Sing
Vocal Warm Ups – Let’s get your voice working!
Vocal Habits
How Fit Is Your Vocal Instrument: The Top 8 Fit Factors for Keeping Your Voice Healthy
Vocal Health for Singers: Customize Your Exercise Plan
Chapter 8

**Bonus Vocal Health Tips**

The last part of my ultimate guide links to various topics not covered in the previous 7 chapters. Have you wondered why your voice sounds raspy in the morning, or how to take care of your voice during winter, or what sports are good for singers? The answers are below.

[Raspy Voice in the Morning? Here’s Why Your Voice Changes as The Day Goes On](#)
[Winter Health Tips for Vocalists](#)
[Learning to Sing: Lessons from a Yogi Voice Teacher](#)
[Sports Tips for Singers](#)

That’s a Wrap!

Stay healthy, develop good vocal hygiene and keep on singing.

For more information about singing, please visit [www.tips/how2improvesinging.com](http://www.tips/how2improvesinging.com)