

Lost your voice?

HERE ARE THE MAGIC POTIONS I USE TO GET BACK AT THE MIC.



- 1 cup warm water
- A ton of salt
(I use Himalayan Sea Salt)
- 5-7 drops pure Oil of Oregano

Gargle, gargle, gargle until it's all gone



sweet solution

Honey straight and in your tea



- Herbal Throat Tea
(I love Yogi Tea's Throat Comfort)
- 2 tablespoons Honey
- 2 teaspoons of Lemon Juice



I'm a huge fan of Zarbee's Natural Immune Soothers

Slippery Elm lozenges can be found in health food stores and are great for Laryngitis

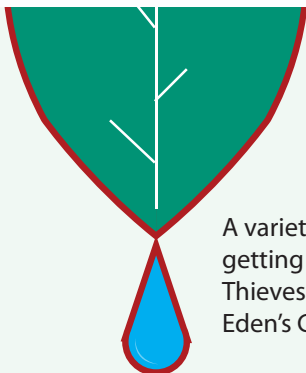


While it's not a potion, I find taking a hot shower and breathing through my mouth helps the steam get down to soothe my throat



Whispering can do more harm than good, so don't whisper

Actually, avoid talking at all



essential oil excellence

A variety of essential oils can be helpful in getting your voice back. Personally, I use Thieves by Young Living and Fighting Five by Eden's Garden

Some of my VO friends swear by the following:

Apple Cider Vinegar Consumed straight throughout the day
Tumeric Open a capsule of Tumeric and pour it down the back of your throat

Garlic Friends tell me garlic is great for Laryngitis

Netti Pot While I can't picture myself using one of these, I have friends who use it on a regular basis and swear it keeps their voice in tip-top shape.