

# Natural Remedies for a Healthy Voice

*From Julia Norton's Voice Box the CV19 edition*



I originally made this guide for professional voice users like singers, actors, teachers, lawyers etc. But in light of the current situation I wanted to update it for everyone to be able to try to help put themselves in the best condition they can. **I am NOT a health professional**, but these are a few remedies and solutions that have worked really well for me as a singer and voice coach over the last 20 or so years, so I'm really just sharing from that place. *Herbal remedies, homeopathy and essential oils are medicine and not to be taken lightly, but the few I have listed here are all known for being generally very safe. If you are pregnant or have a health condition please do your own research first. Oh and NEVER put neat oils on your skin!* These are things I'm recommending to my community, take what is helpful and leave the rest.

Wishing you so much love and good health xoxoxox

*Julia*

## **At the FIRST sign of a cold take ZICAM**

Like really the very first tickle. 'Zicam' is a homeopathic remedy which fights off a cold at the very first sign and seems to reduce the duration and severity.

## **Saline Rinse**

Daily saline rinse using the squirty bottles from the pharmacy or a neti pot with 1 tsp of salt and warm filtered water, will help keep your mucus membranes moist and clear.

### **Steaming daily or a few times a week.**

Normally I would only do this if I already had a blocked or stuffy nose, but now I'm doing it every other day. Steam over a bowl of just boiled water with 1 or 2 drops of the following essential oils: eucalyptus, peppermint (very clearing and decongesting) or ti tree (if you're also wanting a bacteria buster in there). If you really are suffering from congested lungs thyme is also good, but is VERY strong, so maybe just a couple of sprigs of fresh thyme from the garden or ONE drop of therapeutic grade essential oil. You could try combining any of these, but I wouldn't suggest starting with more than two drops. It's also important to vary the oils you use for best effect. Put a towel over your head to trap the steam and breathe through your nose listening to your favorite podcast until the steam is done. You can buy essential oils at any natural health store or Amazon (but really make sure they are 100% pure therapeutic grade).

### **Pat yourself on the back!**

Ok you can't really pat yourself on the back, but if you're sheltering in place with someone else you can do this for each other, with medium pressure and flat hands pat over the person's back all the way up and down to loosen any mucus in the lungs. If you're sheltering on your own, you can pat your chest. You can do this everyday after a 5 minute dance party...lol my favorite mood lifter.

### **Sore throat**

Short answer...Gargle half a cup of warm salt water....I know it totally sucks, but it works faster than anything else I've tried.

### **Take time to breathe**

In between all the other things you are doing...turn off the news or Netflix for a minute and just take a few slow deep breaths.

### **Lung Recovery Mullein Tea**

My excellent herbalist Joshua Muscat, put me on this tea about 18 months ago, after I got sick and lost my voice during the fires. I felt like a heavy smoker coughing and wheezing when I walked. This tea cleared it right up. Oh and it's delicious.



### Directions

Take a half a cup of packed Mullein LEAF tea (leaf only) it's light and fluffy with little hairs in it so don't fluff it around too much, made me sneeze like crazy the first time! Add 5 cups of boiling water and let it steep for an hour. Then strain through double tea strainers or muslin/gauze (to catch those little hairs I mentioned).

### **Vaporizer/Humidifier**

I have one of those essential oil vaporizers in my living room and next to my bed. Add up to 6 drops to the water and let that clear your nose as you sleep. In addition to peppermint and eucalyptus which are clearing, but quite 'bright' oils, I also swap in lavender at night time, my number one very favorite oil, which I also never travel without. At this time of Covid 19, good oils to be releasing around your home either in the vaporizer or in a spray bottle (*fill an empty spray bottle with water and add up to 10 drops of oils*) are cinnamon, nutmeg, ginger, clove, lemon or rosemary. Use these in common spaces like the kitchen, living room and bathrooms, not your bedroom overnight. Not only will they help in fighting germs in the air, but they will certainly make you feel better.

### **General tidbits**

Drink LOTS of water and herbal teas, peppermint, ginger, licorice are excellent. I always have 'Throat Comfort' tea in my cupboard too. In addition to those, if I'm 'Netflix binging level' sick, I'll be making ginger tea (with fresh slices of ginger and lemon, honey and a pinch of cayenne pepper!). Yup, rocket fuel cold eliminator! While brandy is nice, all alcohol dries your throat, so watch out for that.

I sprinkle peppermint or eucalyptus in my vocal booth to keep my airways clear during recording AND when I've cleaned my car I sprinkle the same oils in there. If I'm really tired and busy and need to keep awake while driving I use Rosemary, which is an excellent mental stimulant. Bonus, my car always smells lovely.:) *Pro Tip - Essential oils work best when you change them out every now and then. So use peppermint for a week, then eucalyptus, then maybe rosemary before going back to peppermint.*

*Julia*

P.S. If you have a natural remedy for vocal health that I've missed, I'd LOVE to hear about it <https://julianorton.com/contact/>