VOCAL HEALTH MYTHBUSTERS!

#1 - “Drinking hot tea with lemon and honey will soothe your voice.” - MYTH!

Why? Because nothing you swallow touches your vocal folds, as they are a part of your airway. Hot tea may deliver a small amount of steam to the larynx as you sip it, which may feel a little soothing to your voice, but the effect is very minimal. If drinking hot tea makes you feel good when you’re unwell, it certainly won’t harm your voice, and it may also aid in keeping you hydrated! Just be aware that it won’t have a direct impact on your voice.

#2 - “Consuming lozenges is good for a sick or tired voice” - MYTH!

Why? Say it with me now: Nothing you swallow touches your vocal folds!
Again, lozenges may make you feel good, and they may help sooth a sore throat (pharynx, not larynx), but they won’t touch your vocal folds and therefore won’t have either a positive or negative effect on your voice. The exception is if the lozenge contains menthol or eucalyptus, it may have a negative effect on your voice, as they release vapours which may be inhaled and can be very drying.

#3 - “Drinking coffee and tea is bad for your voice” - MYTH!

Why? There is currently no evidence that caffeine is dehydrating to the voice when consumed within normal amounts. If you experience reflux, the acidity of coffee and tea is likely to exacerbate your symptoms, but otherwise you are free to have your morning cuppa without concern for your voice!

#4 - “Eating dairy products will make your voice sound worse” - MYTH!

Why? There is no evidence that consumption of dairy products cause excess mucous production in the airway. The exception to this is if you have a dairy allergy, even a mild one. The key is to get to know how your body reacts to certain foods & drinks, and make decisions accordingly.

#5 - “Drinking whiskey (or similar) will help loosen up my voice and relax me for a performance” - MYTH!

Although you may find it tempting to try this one out, alcohol will only dehydrate you, and may even interfere with your singing. If you’re well warmed up and well prepared for the gig, you don't need to rely on any other substances to relax you!

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