

7 HEALTHY WAYS TO ENERGIZE YOUR VOICE

1. MASSAGE YOUR EARS

The energy of your body will flow, as you stimulate the reflex points located on your ears.

2. HUM ALL DAY LONG

Reproduce the sound of a violin, closing your mouth, not letting extra air coming through. Your face & mask will wake up gently & be ready when you'll need to speak or sing.

3. SQUEEZE YOUR BUTTOCKS MUSCLES

As you do your everyday activities, squeeze and let go, repeat. This exercise can be done all day long.

4. DRINK SAGE TEA

Herbal sage tea has a lot of good effects on the mouth and throat area. Drink 3 cups a day.

5. GARGLE WITH BAKING SODA

The recipe is 1 tea spoon of baking soda, 1 tea spoon of salt & 1 tea spoon of honey in a glass of lukewarm water, mix it and gargle 3 to 4 times a day, for 2 minutes. After gargling, do not eat or drink for 20 minutes. That simple action will prevent bacteria or viruses to develop in your throat.

6. SQUEEZE YOUR TONGUE

For a few seconds (in your mouth) press it on the hard palate and stop, do it a few times, the blood flows better and by consequence energizes your throat area.

7. KEEP A SIP OF WATER IN YOUR MOUTH

Take a sip of water and leave it in your mouth for 20 seconds, it will keep your mouth hydrated, then spit the water out.