

VOCAL HYGIENE

Here are some tips to avoid voice-related issues



Drink plenty of water

Aim for six to eight glasses a day to keep your vocal cords hydrated

Limit alcohol and caffeine intake

These act as diuretics, leading to dehydration and drying out the voice

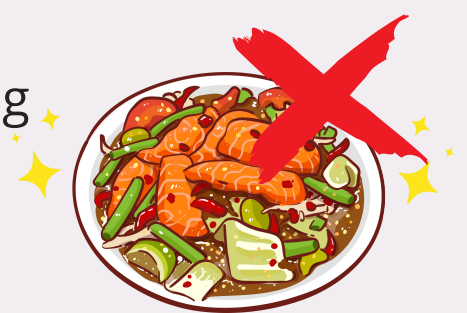


Avoid smoking and second-hand smoke

Smoking is a major risk factor for vocal fold cancer

Steer clear of spicy foods

Spicy foods can cause acid reflux, irritating the throat.



Avoid talking in noisy places

Straining to talk over noise can strain your voice

Get enough rest

Physical fatigue can negatively impact your voice

