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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Laryngitis - More Than A Throat Problem

By Sharon Hopkins

Laryngitis is the aggravation of your vocal chords in the larynx. It also causes swelling around the

voice box area, which brings out the changes in your voice. In any given day your vocal chords open and close without much hassle. But, when you are infected with laryngitis vocal chord gets inflamed and irritated. These changes in the vocal chord weaken your voice box causing it to sound hoarse. Laryngitis can get so severe that you may lose your voice completely. This is a temporary problem which can be treated within 7 to 14 days. This kind of a problem is very common when the temperature falls leading to irritation of your voice box.

Causes

Laryngitis problem is mainly caused by a bacteria or a virus. Once the infection leaves you it is not necessary that the throat problem would leave you too. Other very common causes is yelling, shouting, singing, talking too much and loudly, smoking, and allergies are some of the other reasons. Consuming too much alcohol also causes this problem.

Symptoms

You could notice some common signs and symptoms of the problem such as loss of voice, hoarse and weak voice, and irritation, soreness and dryness of the throat and dry cough. You may also suffer from bouts of fever due to bacterial or viral infection.

Self-care Measures

–Avoid smoking –Avoid passive smoking –Avoid alcohol –Speak softly –Do not whisper, as it causes more strain to your throat –To bring down the fever and relieve you from any form of pain, use Aspirin, Ibuprofen or Tylenol –Have warm liquids such as soups, tea etc, –Take some rest

Home Remedies for Laryngitis

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–You can make a solution by using 1/2 teaspoon salt in a cup of warm water. You can use this solution for gargling.

–Drinking slippery elm bark tea helps to clear your throat as it lubricates the vocal chords directly.

–Mix one teaspoon apple cider vinegar in half glass of water; take this solution every hour for seven hours. You will notice the changes instantly.

–A hot remedy – mix one fourth teaspoon of cayenne pepper with few drops of lemon in one cup of boiling water. Drink this solution sip by sip to get the best of this remedy.

–By using ginger and honey you can make the right solution to sooth the irritated throat. Peel off ginger's skin, cut into small piece and later boil it till the water turns yellow. To sweeten the tea you can add honey. Sip this solution to provide you the necessary benefits.

–Gargling with sea salts, several times a day can provide relief to your throat.

–A concoction of fenugreek, eucalyptus, horehound and marsh mellow makes an excellent tea which can be used to gargle away your throat problem.

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins handles many websites relating to natural home remedies such as

<http://www.home-remedies-for-you.com>

, which has lot of information on home based natural cures and

remedies. Laryngitis a major cause for throat problems can be easily treated with simple home remedial measures.

Voice Care for Coaches

By <http://www.abundancecenter.com>

Voice Care for Coaches by <http://www.abundancecenter.com>

By Catherine Franz

Coaches rely heavily on their voice to service clients.

If you also give teleclasses or workshops, voice maintenance needs to be one of their top self-care

priorities. This information also applies to singers, speakers, or sales professionals.

During flu and cold season, vocal cords become highly sensitized and need as much care as a valuable instrument. Think of your voice, and we should, as an expensive, rare violin. If you were going to play the violin the next day — same relation as having a speaking engagement or a full day of coaching — you wouldn't expose that violin to a night in a smoke filled room, lay cigars or pour alcohol all over it and expect it not to suffer from the abuse the next day.

Antibiotics don't help viral infections or laryngitis — a common result from a viral infection caused from a cold or flu. Recently, I suffered got the flu and suffered from a severe case of laryngitis. I had to cancel a teleclass, lose a week of work, and almost a paid speaking engagement. The more I self-treated through media knowledge or recommendations, the worse the laryngitis got.

It took over 20 days before I improved and then two weeks later, it returned. After great frustration, I finally visited my ear, nose, and throat specialist, only to learn that everything I was trying was actually contributing the extended suffering. Let me pass along some of my learning so you don't need to go through this. Like me, some of it will surprise you.

Food and Beverages

Warm or hot beverages work best. Cold beverages with ice produces the voice center to spasm generating coughing that results in laryngitis. Stick to drinking room temperature water.

Black Currant Pastilles, which are glycerin-containing lozenges for adults, keeps the throat moist. Pastilles are perfect to take before, during, and after flying or traveling from one temperature extreme to another, say New York to Florida in winter. It is good to have these on hand since they are difficult to find. Many professional singers use Black Currant Pastilles 24 hours before their performance.

Avoid anything with mint or menthol.

Throat Coat® Tea, designed specifically for voice professionals, is rated higher than Pastilles. The tea contains licorice root, which is widely used to enhance throat and upper respiratory tract health. Any beverage that affects your stomach's acid level, like caffeine, will also affect your vocal cords. Caffeine is a mild diuretic and dries the throat and vocal cords. Coffee, including decaf, due to its natural oils causes acidic results that cause vocal damage. This includes chocolate. If you suffer from acid reflux disease, you need to take extra care of your voice since it causes permanent damage. Sodas also cause acid reflux and damage vocal cords.

With a cold or flu, we usually drink orange juice. This acidic beverage actually lengthens laryngitis. So does the amount of lemon you use in water. A tiny bit of lemon in warm water with a small amount of honey is a great elixir that actually soothes the vocal cords.

Dairy increases throat mucus for some people. If after you drink milk, you feel even a little mucus in your throat, you probably have a very mild milk allergy. This will affect your vocal health and can lengthen laryngitis. Nuts have the same allergy affect.

Common Causes of Voice Strain

It's common knowledge that shouting, screaming, and excessive talking strains voice cords. But, did you know that whispering, coughing, loud sneezing, crying, laughing, and throat clearing could do the same damage?

Emotional or environmental stress also causes voice strain. Especially major changes like separation/divorce, new job, kids going off to college, grieving, not enough sleep, moving, and even hormonal changes in adolescents or maturing adults. If you add any of

these with the need for a quality voice, you will need to take extra care in order not to bruise or damage your throat center or vocal cords.

Voice Maintenance

When experiencing laryngitis, limit unnecessary talking, and pause frequently to swallow and remoisten your throat, even during speaking engagements. Relaxation techniques, like yoga always help, yet conscious aware of your posture and breathing during speaking can save or further bruise voice projection especially if your voice is weak from a cold.

One of my favorite exercises that I do every morning or while driving to a speaking engagement is a vowel review. Stretch your neck comfortable upwards and recite the vowels — a, e, i, o, u. Let your vowel trail off after each one especially the "u." If experiencing laryngitis avoid whispering. Whispering actually stresses vocal cords reducing recovery significantly. If you smoke or visit smoke-filled rooms, triple your maintenance plan, smoke is very damaging.

If you lose your voice, you will require additional rest time over a 4–7 day period. This means limiting your voice to 15 minutes a day. Looking on the bright side, listening skills will definitely improve. Keep phone calls brief; avoid all non-speech voice use, including throat clearing, coughing, and sneezing or any odd sound effects. Snoring also doubles strain.

Over-the-Counter

Even though they give brief relief, throat sprays and medicated lozenges dry the throat and extend recovery. If used for an emergency, you must follow with extreme care.

Herbs can also cause side effects. You will want to discuss their use with your doctor or herb practitioner. Herbs like barberry reduce inflammation and infection caused from respiratory infections, but can also cause an allergic reaction especially if already using another remedy. Herbs like eucalyptus, German chamomile, goldenrod, goldenseal, licorice, marshmallow, peppermint, saw palmetto, or slippery elm are remedies for vocal cord inflections. Adding garlic

and ginger to your foods also reduce cold symptoms including sore throat and don't need professional advice.

Support Team

If your voice is vital to your income, you will want to have an ear, nose, and throat physician familiar with your medical history and working with singers. With an ongoing relationship, it's easier for them to provide advice when out of the area.

Last year, while experiencing a mild case of laryngitis, I saw my doctor before I left for a speaking engagement but I didn't know to mention I was traveling to a high elevation. By the time I checked in at the hotel, I was in bad shape. An emergency call and I was armed with new instructions. The next morning I was fine. Did you know that most taxi companies will pick up and deliver called-in prescriptions usually at the same rate as a cab ride?

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