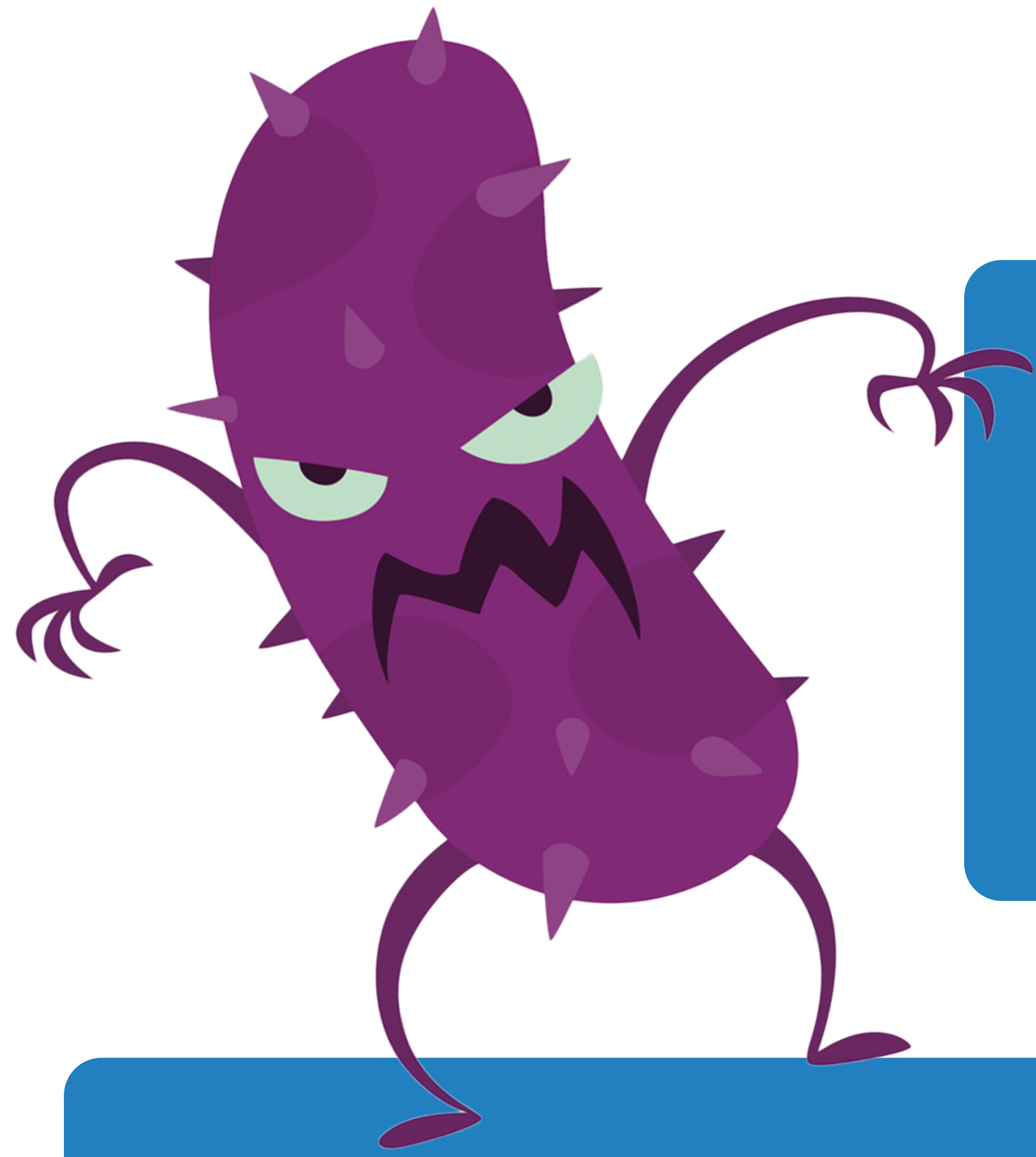


PHLEGM IS THE *ENEMY*

Use these tips to sound your best even when you're sick and stuffy

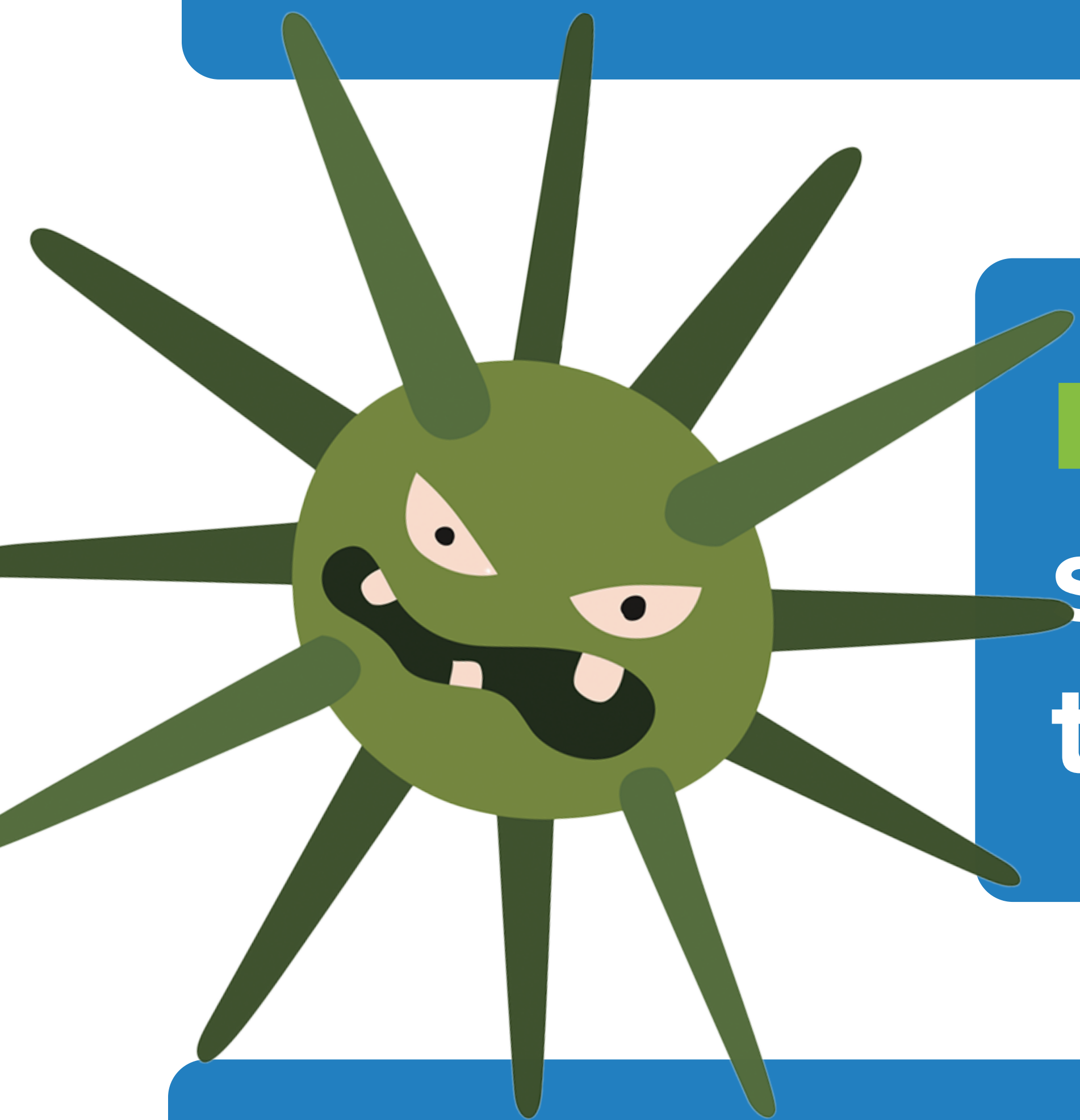


HYDRATE: Drink lots of water, and avoid coffee and alcohol. Acidic foods can make dehydration worse.

GARGLE WITH SALINE: Add a teaspoon of hydrogen peroxide per cup of saline if you're losing your voice. Don't swallow it!



DRINK TEA: Look for blends with slippery elm bark, which soothes the throat. Maybe add some manuka honey.



FOCUS YOUR RESONANCE: Aim your voice at the front of your face, not the back of your throat, to sound less sick.



GET THE PHLEGM OUT: Clear the mucus from your nose with a neti pot or saline spray to defeat post-nasal drip.

