

THE VOICE BOX

Health Tips for Sweet Adelines

By Dr. Rachael Gates, *Singing Health Specialist*

Does the air in my home affect my vocal folds?

Sweaty summers, dry winters, and high altitudes deplete your body of water and can take a toll on your vocal folds. Help your body maintain optimal hydration levels by keeping the air in your home (especially your bedroom) at 40 percent humidity. Purchase a simple hygrometer from a hardware store to monitor your rooms' humidity levels. Humidifiers and vaporizers can correct a dry living environment. Whether to use a cool-mist humidifier or warm vaporizer is up to you. Both have tanks that need to be cleaned often with vinegar or soap and water and sanitized with hydrogen peroxide to reduce the transfer of bacteria and mold into the air. Filters need to be changed frequently (about one time each month).*

Want more? Read Dr. Rachael Gates' new book, *The Owner's Manual to the Voice* (Oxford, 2013) now available on Amazon.com and BarnesandNobles.com. The Young Singers Foundation Bev Sellers Memorial Scholarship helped fund Dr. Gates' college education.

**The information presented here is for self-edification and not a substitute for professional care.*



*THE YOUNG SINGERS FOUNDATION, part of the philanthropic umbrella of SWEET ADELINES INTERNATIONAL, is committed to enriching the lives of young people by supporting the educational and performance opportunities in vocal music. Please support the Young Singers Foundation with your tax-deductible gift. You may contribute online at www.youngsingersfoundation.org > **How to Give**. You can also find us on Facebook!*