



Food for the voice

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Abstract. Do you know that the beautiful voice given to you by nature requires care and attention? Moreover, they consist not only in the prevention and treatment of diseases of the throat and vocal cords, but also in ensuring proper nutrition, especially if you sing or often make speeches in front of a huge audience. Famous physiologists and nutritionists write about what it should be.

Key words: food for the voice, recommendations, benefits, harm, beneficial properties, contraindications

Nutrition and voice

Both his health and the health of all his organs and systems depend on the diet of a person. By studying in detail the effect of individual foods on the vocal cords, scientists have identified, and many professional artists have confirmed, that there are those whose presence in the diet has a positive effect on their general condition. These products are divided into groups: meat, dairy (you need to be extremely careful when consuming them), vegetables, fruits and cereals.

Meanwhile, there are also foods that are advisable or undesirable to consume immediately before performances. By having an immediate effect on fragile vocal cords, or more simply, by acting locally, they can prevent them from drying out and irritation, and, therefore, give you a fantastic, beautiful voice. Or, conversely, create discomfort and aggravate the situation.

Vitamins for vocal cords

Of course, a varied diet is the key to the health of not only the whole body, but also the vocal cords themselves. However, vitamins and nutrients were previously identified that must be included in the diet of a person who wants to maintain his clear voice. These include:

- Vitamin A. They take an active part in the regeneration, or restoration, of damaged vocal cords after illness or heavy loads. [1]
- Vitamin C. It has a direct effect on the immune system and, accordingly, helps the body fight various infections that can affect the throat and affect the quality of the voice. [2]

- Vitamin E. It is an antioxidant that protects cell walls from the harmful effects of free radicals and also helps boost the immune system. [3]
- Protein. This is the source of energy for the body, and, accordingly, the health of the vocal cords. However, only unseasoned protein foods are healthy. Since spices and seasonings can harm the vocal cords. [4]
- Cellulose. These are dietary fibers that help the body cleanse itself and function normally. It is found mainly in vegetables, fruits and grains. [5]

Top 13 Products for Voice

1. Water. It is extremely important to follow your drinking regime and drink enough liquid. This will prevent the vocal cords from drying out, which will prevent any discomfort, especially during performances. Immediately before them, you need to drink water at room temperature. Too cold or hot water can lead to negative consequences. By the way, it is a violation of the drinking regime that doctors explain a person's periodic coughing without obvious reasons. [6]
2. Honey _ It perfectly soothes the throat after illness or after heavy exertion. In addition, it has antibacterial properties and takes care of the health of the vocal cords and tissues located in close proximity to them. Often before performances, artists replace water with warm tea with honey, focusing on the effect this drink has on the condition of the voice. But it is not recommended to add lemon to it. The acid contained in it leads to drying out of the ligaments and the appearance of discomfort at the most inopportune moment. [7]
3. Low-fat types of fish - pike, catfish, pollock, hake, etc. They contain protein. Excessively fatty fish often leads to stomach upset and loss of fluid from the body.
4. Lean meat - chicken, rabbit, veal, lean pork. These are also sources of protein.
5. Almonds. It can be used as a healthy snack as it is rich in protein.
6. All types of cereals. They enrich the body with useful substances, improve digestion and are easily digested without causing heaviness in the stomach or other unpleasant sensations.
7. Citrus. It is a storehouse of vitamin C, as well as carotenoids and bioflavonoids. Their deficiency leads to decreased immunity. The main thing is not to consume citrus fruits immediately before performances, so as not to provoke a dry throat.
8. Spinach. Another source of vitamin C. [8]
9. Blueberry. It contains a huge amount of antioxidants that have a positive effect on the condition of the vocal cords. You can replace it with blackberries, red cabbage, olives, and blue grapes.
10. Broccoli. It is a storehouse of vitamin C and antioxidants. If it is unavailable, other types of cabbage will do. [9,10]
11. Green apples. They contain not only vitamin C, but also iron, the lack of which leads to anemia and decreased immunity.
12. Garlic and onion. They contain allicin, which is highly valued for its antibacterial properties. In addition to protecting the body from infections, it also affects the level of cholesterol in the blood, reducing it and improving a person's well-being. [11,12]
13. Watermelon. It is a source of fluid and fiber. You can replace it with melon or cucumbers. [13]

In addition, you can take the advice of the author of the popular book "Eating Rules," Michael Pollan, who developed the "color-by-color" diet. He claims that "for the health of the whole body, including the vocal cords, it is enough to eat at least one fruit or vegetable of a certain color per day." Green, white (garlic), dark blue, yellow and red - they will compensate for the deficiency of all vitamins and minerals and make you feel great.

What else should you do to preserve your voice?

- Monitor your throat health and promptly treat all diseases. In the event of malaise and pain, it is better to refrain from talking and, especially, screaming, and give the vocal cords a rest. Failure to follow these recommendations may lead to irreversible consequences.
- Get enough sleep. The overall health of the entire body, including the vocal cords, depends on sound and healthy sleep.
- Always warm up your voice, or sing, before upcoming concerts and public appearances. This will minimize the stress on the vocal cords and preserve their health.
- “Give your voice a rest! Alternate time of talking and silence. In other words, take 2-hour breaks after 2-hour conversations” - this recommendation is posted on one of the sites for vocalists.
- Take medications with caution, as some of them can dry out the throat, for example, antihistamines. And while taking them, increase your fluid intake.
- Eat a couple of hours before performances. Hunger and overeating lead to discomfort in the throat.
- Monitor the temperature in the rooms where performances are planned. High temperatures and low humidity cause the vocal cords to dry out.
- Do not consume dairy products immediately before performances. They promote increased mucus production, which leads to discomfort.
- Quit smoking and alcohol. They poison the body and remove fluid from it.
- Limit consumption of coffee, spices and chocolate. They also contribute to dehydration.
- Do not abuse fatty and fried foods. [13] It causes indigestion and removes fluid from the body.
- Be careful with odors. Their influence on the human body was known back in the time of Hippocrates. At that time, people were successfully treated with their help. Some doctors still use this experience. The clearest example of this is eucalyptus-based ointments for colds.

Meanwhile, there is also a beautiful legend about how a florist in love placed a vase of violets on the piano before the performance of his rival, the soloist. As a result, the latter could not hit a single high note.

Believing her or not is a personal matter for everyone, but it's still worth listening. Moreover, olfactronics, the science of smells, has not yet been fully studied.

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