**10 tips to recovering your lost voice**

**1. Drink plenty of water.** Did you see that one coming? Second to vocal rest is water. Nothing on the entire Earth is better for you than good ol' H2O. Keep it at room temperature to avoid shocking your vocal folds.

* You should be chugging the stuff like it's your job. Not only will it restore your voice, but it's good for your body, your digestive system, your skin, your weight, your energy levels, and just about everything in between.

**2. Gargle salt water.** Four times a day, heat up a glass of water in the microwave (until it's very warm, but not hot) and dissolve in a tablespoon of salt. Gargle the entire thing.[[1]](http://www.wikihow.com/Recover-Your-Voice-After-Losing-It#_note-1) This helps deal with the mucus in your throat.

* Don't worry about the taste -- you're not swallowing it. In fact, if your throat is a bit sore, you'll probably find it comforting.

**3. Consider drinking teas with honey and lemon.** There are two sides to the story here: Some people believe that tea (especially chamomile with honey and lemon) is a great vocal soother.[[2]](http://www.wikihow.com/Recover-Your-Voice-After-Losing-It#_note-2) It's been used for decades in this manner. However, know that acid is bad for your epithelial tissue (the stuff that makes up your vocal folds) and both tea and lemon are acidic.[[3]](http://www.wikihow.com/Recover-Your-Voice-After-Losing-It#_note-abc-3) What's your verdict?

* There's nothing wrong with honey, however. Another common (but less common) method is a spoonful of salt straight. What a great excuse to get your honey on! Next up they'll be saying spoonfuls of Nutella.

**4. Hang your head over steam for five minutes twice a day.** Steam can increase the moisture in your throat. It's the same reason you see divas wearing scarves when they're sick -- the idea that heat is good for the throat.

* Boiling water is an easy way to create steam, but you could also hang around the humidifier, too.

**5. Use lozenges.** Many singers are on the slippery elm bandwagon (sounds kind of funny if you've never heard of it), but the official scientific verdict is still out. Slippery elm lozenges have great reviews, but there's no science to back up why they work. It could be a placebo effect.[[3]](http://www.wikihow.com/Recover-Your-Voice-After-Losing-It#_note-abc-3)

* Even if there's no math behind it, at the very least they're not harmful. Lozenges in general will offer some form of temporary relief.

**6. Give your hoarse voice a break.** The best thing you can do is to not talk at all for a couple of days. The absolute best. Vocal rest is necessary for your epithelial tissue to repair. Silence, after all, is golden.

* If you have to communicate with someone, pass notes instead of whispering. Whispering can cause your vocal cords to bang together as strongly as if you were shouting.
* If you have a job which requires you to raise your voice to be heard, use mechanical means to make yourself louder.
* Chew gum or suck on lozenges so that you will have no choice but to keep your mouth closed. It will also improve production of saliva.

**7. Breathe through your nose.** Hopefully you figured this out when you were told not to talk and keep your mouth closed. How else would you breathe, but through your nose?

* Breathing through your mouth dries it out. The drier your mouth and throat, the more painful it is to talk. This is easily circumnavigated by just breathing through your nose (which hopefully you can do if you're sick!)!

**8. Don't take aspirin under any circumstances.** If one of the reasons you might of lost your voice because you yelled too loudly, you probably ruptured a capillary. Aspirin can reduce clotting and cause excess bleeding which can impede the healing process.

* There are other ways to relieve pain if your throat is scratchy. We'll get to those in the next section.

**9. Don't smoke.** Big duh, huh? In case you've been living under a rock, smoking is a cause of throat dryness, in addition to several other negative health consequences.

* Smoking could be the cause of your voice changing. After all, your lungs are using smoke to produce sound. What do you expect? Quit smoking and you may see an immediate improvement.

**10. Avoid acidic foods.** Foods like tomatoes, chocolate, and citrus fruits are highly acidic; that acid wears away at the tissue in your vocal folds. To be on your absolute best behavior, it's best to avoid this as much as possible.

* Spicy foods aren't super good for your voice, either. Anything that causes a reaction should be avoided. (That's why water is so ridiculously good for you -- it's au natural.)