Saying Good Morning to Sweet Voice and Bye-Bye to Gruff Voice

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Article published on March 2nd 2012 | Writing

Your voice is your ambassador to the outside world. Get a clear crisp one and you will be the darling of the lot, whether it is the work place or the club where you spend the evenings. Is voice important only for females? Certainly not it is for everyone who wants to make an impression, especially the first impression. In fact having a clear voice is like having a FiOS Digital Voice phone on your ears. Both will give you that crystal clear voice you have been yearning for. But most of us take voice for granted. We seldom pay attention to it like we might for our tooth. If you thought voice is what we get when born and have to live through it to the last day, then it is high time you understood they are trainable like most organs in of our body. If training for good voice is something that you donâ€™t want to bother with, at least you can maintain what you already have. Give the tips below a try and you will regret for the rest of your life.

Your voice box likes to be moist at all times. Whether you are sleeping, playing or just talking on a digital voice phone chances are that they are being constantly drained of the moisture that they contain. So make it a practice to drink at least one glass of water each hour that you are awake. If you are one of those who takes a lot of telephone calls on the digital voice phone then your requirement can treble or even quadruple. So keep a bottle full of this lifesaving liquid called water and sip at every opportunity. If you are too conscious about drinking water too often then why not consider keeping a bowl full of watermelon, peaches, grapes, plums or even a water rich snack and nibble on it. They will do you no harm and still satisfy your throats itching for water.

Donâ€™t smoke, drink coffee or even think about the alcoholic drink, not even beer remember. They are the worst enemies of your voice. They can drain the moisture that lubricates your throat and leave them dry. That can make your voice gruff, a sign that it is going dry. Say good bye to drinks, and instead replace them with healthy foods and fruits. And if all you get into a piquant situation see that you donâ€™t shout at the top of your voice. Keep them moderate when you are talking on home phones or even wireless. A healthier way is to get out of noisy place and begin all over.

Donâ€™t clear you throat too often in the false hope that everything is going to be fine in a few minutes. If you have a persistent problem with your throat, then consult your doctor, and if needed, get yourself specialized treatments. Sometimes the cause for coarse voice can be an infection and you may even not know about it. If you can help keep your talking on phones to the minimum and see that you donâ€™t use a handset from an infected person. If you are teacher and speak a lot to your students during the lecture sessions then you can even try giving yourself a no-speak holiday. If that sounds too ridiculous to practice why not at least consider not speaking during the rest hours between classes?

Finally there can be nothing more to having a good voice like maintaining a healthy lifestyle; do your exercises regularly, avoid food that have artificial sweeteners, food that are extremely hot or too cold and of course the junk from fast food joints. Instead replace the carving for binging with fruits, non-fattening nuts or even plain purified water and see how your voice has improved.

Article Source:
http://www.articleside.com/writing-articles/saying-good-morning-to-sweet-voice-and-bye-bye-to-gruff-voice.htm - Article Side

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Nathan Brown is an independent freelance writer and likes reading books and watching TV. Readers are welcome to learn more about a FiOS Digital Voicewith no obligation whatsoever.

Article Keywords:
FiOS Digital Voice, Voice Phone, Gruff Voice

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