



OH-Spot Studio

Vocal Training Services

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THE SINGER'S HEALTH - COVID-19 ADDENDUM

On the following 4 pages you will find some extremely useful tools that I recommend to all of my vocal students. Over the years, my students have used these suggestions with great success. If used correctly, these tools can circumvent an illness in the earliest stages or greatly speed recovery after an illness takes hold. Many of these suggestions focus on illnesses that start in the throat and later spread to the chest. For that reason, these suggestions are extremely useful in the fight against COVID-19. The most up-to-date information out of China reveals that COVID-19 will spend up to 3 or 4 days in the throat before migrating into the lungs. Prevention is now focused on interrupting that progression.

Please pay particular attention to the following items in the original document below: **1. Clove Tea** (recommended, by Princess Margaret Hospital (Toronto), as a primary defense against illness for individuals with a compromised immune system). This tea addresses 3 of the 10 suggestions for prevention of COVID-19, representing the most current wisdom coming from Chinese doctors who are fighting the illness on the front line. **2. Salt water gargle and Salt and baking soda gargle. 3. Zinc and 4. Bee Propolis.** These simple tools are extremely effective at preventing the spread of illness from the throat into the chest.

The following letter was translated from Spanish into English. It discusses the most recent information Chinese doctors have gathered regarding COVID-19 and how to best prevent the illness from progressing within your own body. - **Feel free to share this document. Stay healthy!**

Source: (Doctor Negrin University Hospital, Canary Islands, Spain: Discussing the latest research on COVID-19 coming out of China.)

The Chinese now understand the behavior of the COVID-19 virus thanks to autopsies they have performed. This virus behavior is characterized by obstructing respiratory pathways with thick mucus that solidifies and blocks the airways and lungs. They have discovered that in order to apply medicine, they have to open and unblock these airways so that the treatment can be applied and take effect. However, all of this takes a number of days. Their recommendations for what you should do to safeguard yourself are:

- 1) Drink lots of hot liquids (coffee, soups, teas, warm water). In addition, take a sip of warm water every 20 minutes because this keeps your mouth moist and washes the virus that has entered your mouth, into your stomach. There, the gastric juices will neutralize it before it can get to the lungs. (See 'The Singer's Health' - **applies to note on clove tea usage**).
- 2) Gargle with an antiseptic in warm water, like vinegar or salt or lemon every day if possible. (See 'The Singer's Health' - **applies to note on clove tea usage**).
- 3) The virus attaches itself to hair and clothes. Any detergent or soap kills it, but you must take a bath or shower when you get in from the street. Once in your house, avoid sitting down anywhere and go straight to the shower. If you cannot wash your clothes daily, hang them in direct sunlight, which also neutralizes the virus.
- 4) Wash metallic surfaces very carefully because the virus can remain viable on these for **up to 9 days**. Take note and be vigilant about touching handrails and door handles etc. Within your own house, make sure that you clean these by wiping them down regularly.
- 5) Do not smoke. (See 'The Singer's Health' - **'immune depressors'**).
- 6) Wash your hands every 20 minutes using any soap that foams. Do this for 20 seconds while washing your hands thoroughly.
- 7) Eat fruits and vegetables. Try to elevate your zinc levels, not just your Vitamin C levels. (See 'The Singer's Health' - **note on zinc**).
- 8) Animals do not spread the virus to people. It is spread through person-to-person transmission.
- 9) Try to avoid getting the common flu because it already weakens your system. Try to avoid eating and drinking cold things.
- 10) If you feel any discomfort in your throat or a sore throat coming on, attack it immediately using the above methods. The virus enters the system this way and remains for three or four days within the throat before it passes to the lungs. (See 'The Singer's Health' - **applies to note on clove tea usage**).



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THE SINGER'S HEALTH

Over the last 3 decades I have collected many useful remedies recommended to me by professional singers, teachers and health care professionals. Many of these suggestions proved to be extremely effective and also inexpensive. The following four pages contain a collection of the most useful of those resources all singers should know about. I have personally used every remedy on these pages with excellent success. Likewise, all of my college students and private students have access to them and have found them to be invaluable in times of need.

Unfortunately, I do meet singers who give up and do nothing, letting a cold or infection take over at times when they need their voice the most. This flawed approach can leave a singer out of commission for weeks. If you have the willingness to get better, the following suggestions used as recommended will help speed your recovery considerably so you can get back to singing.

Throat Care

Salt water gargle: (sore/overused throat)

1 Litre mason jar, (an old spaghetti sauce jar). Add 1 1/2 tsp of salt to jar and fill 90% with warm water. Stir, then **gargle 4-8 times a day**. Keep jar near bathroom sink so that you'll use it frequently. Jar should last a week. This is used to prevent an overused throat from turning into an infected throat, (the most common cause).

Salt/Baking soda gargle: (throat infections-mild to severe)

1 Litre mason jar/ old spaghetti sauce jar. Add 1 1/2 tsp of salt and 1/8 tsp of baking soda to jar and fill 90% with warm water. Stir, then **gargle once per hour**. Continue for a full day after infection is gone. Keep jar near bathroom sink so that you'll use it frequently. Jar should last 3-4 days.

Fantastic!! Clove tea: (sore/infected throats, coughs, colds) - Princess Margaret Hospital

Half a cup raw cloves (chunks not powdered – Buy the refill bags in the grocery spice section.)
6 cups of water

- Add cloves to a pot with water and bring to a boil. Once it boils, reduce heat to low and partially cover. Simmer for 1 hour. About 3/4 cup of the water will steam away and the remaining should be a dark brown colour. To make tea, put about 1/2 inch of the concentrate into a medium/large cup and add boiling water to fill your cup.

Store remainder of clove concentrate (with the cloves) in a 2L mason jar and refrigerate once cooled. This can last up to 4 months so I highly recommend you always have a batch on hand. Clove is one of the strongest natural antiseptics you can ingest and it is also a mild anesthetic. It can numb throat pain to aid falling asleep at night. (For this reason, never use it before singing. You need to feel pain to prevent damaging your voice.) – Drink up to 4 cups a day. Sip while hot as well as gargle and swallow one sip every minute.

Other Teas that Soothe and Heal:

Throat infections:

1. Add cayenne pepper to any mild herbal tea such as chamomile.
(2 shakes per cup) Add lots of honey to taste. (Try this in a pinch until you get cloves.)

Dry, rough throat:

2. Licorice tea. (Soothes dry throats, mild anti-inflammatory.) Add honey to taste.

3. Licorice root (in bulk)
Slippery elm (in bulk).

(Both items can be found at select health food stores.)

(Soothes dry throats.)

In a tea ball add 5 parts licorice and 1 part slippery elm.

Steep tea ball for 10 minutes. Add honey to taste.

Licorice Root: (If you suffer from the following, avoid licorice unless deglycyrrhizinated)

Carbenoxolone, a compound derived from licorice root, has been used to help healing of peptic ulcers. **The disadvantage of this compound is that in 1/3 of patients it raises blood pressure, increases fluid retention and promotes potassium loss.** This is a problem only with licorice, and not with other plants with similar flavors such as anise and fennel.

Bee Propolis (10 - 30% strength tincture): (throat infections-mild to severe)

(Health food stores) Excellent natural antibiotic resin produced by bees. Do not buy this in pill form or in concentrations greater than 30%. Greater concentrations will not dissolve in water.

Add 1/3 of a dropper to a few ounces of water, (enough for 3 or 4 sips), gargle with half, swallow and repeat. Repeat process 3 to 4 times daily. If you are certain of having a throat infection, drip 4 to 5 undiluted drops straight down the back of your throat at night, wait 10 seconds then sip a small amount of water. This will cause the propolis to stick to the infected areas and dissolve slowly as you sleep. At first the throat will feel rougher but in the morning there should be some improvement. For this reason, only ever take it undiluted at night time, and never before singing. Repeat as many nights as needed and continue to use the gargle method during the day. Continue use for a full day or two after infection is gone.

IMPORTANT NOTE:

I have never met anyone who has had an allergic reaction to Propolis. That said, if you know that you have allergies to some medications or to bees or pollen, it is best that you check with your doctor before using this product. If you can use it, I have found it to be one of the most effective throat remedies available.

Great!! Throat Spray: (Only available in the U.S. or to order on-line)

ECHINACEA GOLDENSEAL PROPOLIS – Throat Spray Supreme, by GAIA HERBS is the only brand I've ever found that is truly effective. It's worth the \$20.00.

Zinc: (check at a health food store for good brands)

Zinc boosts the immune system and re-enforces the lining of the throat.

NEVER USE ZINC LOZENGES, THEY ARE TOO HARSH FOR A SINGER'S THROAT.

Check bottle for safe daily dosages! It is possible to overdose on zinc.

Q: Zinc: What is it?

Zinc is an essential mineral that is found in almost every cell. It stimulates the activity of approximately 100 enzymes, which are substances that promote biochemical reactions in your body. Zinc supports a healthy immune system, is needed for wound healing, helps maintain your sense of taste and smell, and is needed for DNA synthesis. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence.

Other vitamins/supplements that help during illnesses:

- **Vitamin C:** (Most effective kind - Ester C.)
- **ColdFX:** (Extracted from Ginseng, excellent immune boost.)
- **Folic acid:** (boosts the immune system and re-enforces the lining of the nose.)
- **Acidophilous:** (increases body friendly bacteria. Helps ward off bad bacteria and aids metabolism.)
- **Allimax:** (Garlic extract. Excellent blood purifier, supports the immune system.)
- **Garlic:** (Pills or raw) Eat garlic or use supplements if Allimax is not available.

(With all of the above, follow the directions on the bottles for safe daily dosages!)

Sinus and Respiratory Tract Care

Nose infections:

Prepare a bottle of **salt** or **salt/baking soda gargle (on page 1)**. After gargling, bend forward over the sink and toss a hand full of the mixture up your nose as you tilt head up and inhale. Repeat until you feel water coming down the back of your throat. Do this every time you gargle.

I know this sounds gross but it is a very effective way to heal an infected sinus passage in a hurry.

Stuffed sinuses/ Lung congestion:

Eucalyptus oil. (inexpensive and found at most drug stores):

1 cap full in a large bowl, preferably glass, add a few cups of boiling water and breathe in through the nose or mouth with a towel over your head. The first minute is the hardest to take, (come up for breaths as needed). After that, the potency decreases exponentially so get as much of it in as you can handle. The vapours will cause you to cough up lung congestion. Allow this to happen and spit the mucus right into the bowl. Do this before bed (it will help you sleep), and when you wake up (to clear out the night's congestion).

At times the coughing might be harsh, but 3 minutes of coughing twice a day will save you from hours of coughing throughout the day. The latter is much more damaging to the throat.

Hot Flu Relief Juice: (makes about 1 1/2 cups)

7 – 9 medium to large carrots, (almost a cup of juice)
2 medium/large stems of celery
raw ginger (size of half your thumb)
Raw onion (size of your thumb)
Two medium sized garlic cloves
Fistful of spinach
Half a lemon
Half tsp Cayenne pepper

You will need a juicer to prepare this. Juice all ingredients in order shown. Pour into a pot and sprinkle cayenne loosely over the top. Heat slowly on a stove top until you see steam. DO NOT BOIL. Drink while it is hot. Drink this 4 evenings in a row for best results.

Some Last Helpful Hints:

Humidifier: For winter time and dry climates, singers should have a humidifier in their rooms at night. It makes a huge difference to the way your throat will feel in the mornings.

Scarf: Always keep you throat warm during the winter. When outside try to breathe through your nose, it acts as a humidifier.

Sleep: Nothing works properly without it.

Diet: Eat well and you have a better chance of staying well.

Things to avoid when you suspect you are ill:

- Immune system depressors - Caffeine, chocolate, alcohol, smoking.
- Mucus causers - Dairy, citrus, wheat, bananas.
- Harsh lozenges such as Halls, Cepacol or Sucrets

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Final Important Note

Although the resources in these pages are meant to foster self-sufficiency and a deeper understanding of your body's needs, it is important to note that seeking the help of a Doctor is at times necessary. There can be other issues that will cause your voice to malfunction such as allergies, acid reflux and poor speech and singing habits to name but a few. If singing is something you take seriously then it is important that you have proper information about your situation and not merely use remedies to avoid the root causes. If symptoms persist, it is important that you see your Doctor, an ENT specialist and or a trained voice instructor to get your voice back to health. The remedies and tips in this document are meant as suggestions. It is up to you to decide which one's are the most effective for you. Use as instructed and with moderation.