singer’s PRODUCTS

THROAT CARE

- **Alkalol**: Great product! Clears and thins mucous before shows for 2 hours!
- **Throat Coat tea**: Soothes irritated or dry throats. Great for pre-performance!
- **Slippery Elm capsules**: A natural emollient for the throat! Add to Throat Coat tea for an extra slippery feeling!
- **Thieves Throat Spray**: Kills airborne bacterial Spray when around infected areas/people or in public places/airplanes etc. Made with organic essential oils. Order online at youngliving.org.
- **Roxalia by Boiron**: Great homeopathy for sore throat symptoms & vocal fold swelling!

STOMACH CARE

- **Acid-Ease by Prevail**: Promoted healthy stomach digestion preventing reflux!
- **Omnigest**: A natural enzyme for a healthy stomach. Use daily to tame acid reflux symptoms.
- **Acidophilus**: Promotes healthy digestion! Take daily!
- **Organic Apple Cider Vinegar by Bragg**: 1 teaspoon of Apple Cider Vinegar in hot water with a tsp of honey every morning alleviates acid reflux.

VOCAL WELLNESS

- **Vocal Eze**: The Best natural professional throat spray on the market. (Endorsed by Joss Stone, Rob Thomas and other stars!)

NASAL CARE


COLD CARE

- **Oscillococcinum by Boiron**: The number one flu/sore throat remedy!
- **Coldcalm by Boiron**: Shortens the duration of a cold.
- **Roxalia by Boiron**: Heals inflammation of the vocal folds.
- **Echinacea & Zinc lozenges**: Shortens the duration of your cold!
**ALLERGY CARE**

- **Allergy by Boiron**: Terrific remedies for allergies. Use specific remedies for specific symptoms!
- **Herbal tinctures**: Available at health food stores. Tinctures will help immunize you against specific allergens

**HEALTH & ENERGY CARE**

- **Health & Energy Care**: Sunrider Herbal & Essential Products for Singers. Get them at sunrider.com.
- **Sunrider Balm**: Soothe away those tense and tired throat muscles!
- **Sunrider organic herbal food products**: Clean and energize your body!
- **Quinary**: A supplement that feeds the 5 major systems of your body including the endocrine, digestive, respiratory, immune and auto-immune.
- **Fortune Delight**: A gentle cleanser that cleans the lymph nodes and gives extra energy to your body naturally!
- **NuPlus**: A powered supplement that provides energy and extra health!
- **Pure Therapeutic Grade Essential Oils by Young Living**: The purest organic therapeutic grade oils available!! Use as a spray, topically or atomize in the air!
- **Thieves Lozenges**: Kills 99.9% of airborne bacterial Use when in public places – airplane travel/touring. Works like a charm!

**ESSENTIAL OILS**

- **Purification**: Cleans & purifies your throat, sinus & eustachian tube, air & environment. Use as a spray, topically or atomize in the air!
- **Melaleuca**: The best tea tree oil on the planet! Great for infections of any kind including the sinuses, throat, ear, etc.
- **R.C.**: For super respiratory health. Great remedy for asthmatics! Rub on throat, neck, chest & feet and/or atomize!
- **Lavender**: Anti-inflammatory and soothing essential oil. Great for swelling, tired and inflamed throat muscles! Apply directly to the throat!
- **Raven**: For respiratory health and purification! Rub on throat, neck, chest & feet and/or atomize!
- **Eucalyptus**: For respiratory health and difficulty breathing! Rub on throat, neck, chest & feet and/or atomize!
- **Basil**: Great for soothing lungs, anti-spasmodic, soothes coughing, Rub on throat, neck, chest & feet and/or atomize!
- **Valor**: Great for TMJ problems, helps to align the joint. Massage directly into the jaw muscles!

And many more!! There are hundreds of oils to choose from! Peace & Calming is also one of our favorites!