

singer's PRODUCTS

HOLISTIC CARE FOR
YOUR VOICE & BODY

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 bacteria! 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!

VOCAL WELLNESS

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

NASAL CARE

- **Neil Med nasal cleansing solution:** Cleans your nasal passages of bacteria and prevents infections. Get it at neilmed.com.

- **Entsol Wash Salt Water spray:** Keeps your nasal passages clean and moisturized.

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.

COLD CARE

- **Oscillocochinum 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 bacteria! 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!