

'Tis the season for holiday cheer.....Alcohol and your vocal folds.....do they Mix?



5 tips about consuming alcohol

- Know your portion size: 12-ounce regular beer = 8-9 ounces of malt liquor = 5-ounce glass of wine = 1.5-ounce pour of distilled liquor.
- Drink a glass of water in between each alcoholic beverage you consume so you stay hydrated.
- Alcohol in moderation. Although this is obvious, think about the songs you might choose at karaoke if you have had one too many drinks.
- Reflux and alcohol: red wine, white wine, beer, and liquor not only impact people with reflux, but different types of alcohol will impact people's reflux differently.
- Consider non-alcoholic, low-acidic mocktails. Here is a Pinterest link to get you started with a few recipes: <https://www.pinterest.com/drwendyme/nats-vocal-wellness-coordinator-tips/>