

Remedy for A Dry Mouth - Exercises to increase saliva

Often nerves and anxiety can induce a dry mouth which is not helpful as we step up to speak. Sometimes this is referred to as 'cotton mouth'. When it happens it can be very off putting. This condition afflicts people new to speaking when nerves are an issue, but it can affect the most seasoned speaker, especially after a cold or cough. There are activities we can do to prevent this from affecting us. It is also a good idea to stay hydrated before you speak and have a glass of water nearby during your talk/presentation.

Below are three simple exercises which will guarantee to reverse this condition if you find it happening to you:

Bite Your Tongue:

This first tip is ideal to do if you are sitting in an audience waiting to speak, you can do it quietly without anyone even realising you are doing it.

Press and Push:

Press the tip of your tongue against the back of your bottom teeth at the front of your mouth, press the tongue into and against the teeth. You can make the sound "argh" as you do it. Repeat this several times.

Use Your Tongue as a Toothbrush:

Imagine you have forgotten to brush your teeth and sweep your tongue around the front of your teeth five times clockwise and five times anti clockwise. You will notice your tongue and the back of your throat aches. This is good, these are muscles you are not using as often as you should. Not only will this exercise increase saliva it will help to tone your voice and keep vocal chords strong.

Here is a visual demo of the exercises via this link:

<https://www.youtube.com/watch?v=1yYo3FGHSUo>

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