

Speakers First Aid Kit

I am really pleased to offer you some suggestions for remedies to help you with the various issues you may have from time to time on your speaking journey.

There is nothing worse than having a speaking engagement and you realise a cold or cough is on its way. Or you intended to make a series of videos and guess what? Your nose feels stuffy and blocked or you get that little tickle in the back of the throat that warns you those horrible spiteful little cold germs are gathering their army and preparing to invade. The following tips are the things I do which really help and have saved my voice on many occasions. I am a great believer in Homeopathy and use it all the time for so many things. Homeopathy works well alongside conventional medicine.

Colds:

Drinking hot water lemon and honey is very soothing for all cold symptoms. Staying hydrated is very important when you have a cold.

If you feel a cold on the way taking the homeopathic remedy **Aconite** immediately will sometimes stop the cold in its tracks. **Belladonna** is a good remedy for a sudden onset cold with a fever and **Natrum Mur** for if there is sneezing and a runny nose. There are many different remedies and it is worth looking at this article from the **British Homeopathic Association** if you want to take a deeper look into what homeopathy can do for you. <http://www.britishhomeopathic.org/bha-charity/how-we-can-help/articles/coughs-and-sneezes-spread-diseases-2/>

You can buy the remedies from Helios Homeopathy - <https://www.helios.co.uk/>

Gargling with **Olbas Oil** (available from most chemists) will also kill the bugs. Doing this night and morning will shorten the length of a cold and even help to prevent it. If someone close to you has a cold, gargling with Olbas Oil can help to prevent you from catching it. It is also useful to sprinkle a couple of drops on a tissue and breath this in.

Sore Throat

Olbas Oil is brilliant for soothing a sore throat. Gargling before going to bed is of great benefit.

Homeopathic remedies for a sore throat, you can read about some of them here:

<http://treatment.hpathy.com/homeo-medicine/homeopathy-sore-throat>

Coughs

The homeopathic **Bryonia** is wonderful for easing coughs and you can order it in pilule form 30c or in a linctus.

Keeping your throat and chest warm:

Didn't your Mum always tell you to wrap up warm? But you know what? She was right! Wearing a scarf in the Winter really helps to keep the throat warm and protects you from the chill. I would never go out in the Winter without a lovely warm scarf around my neck and all my coat buttons done up and even a hat to keep my head warm. :0)

Nerves and Apprehension:

Rescue Remedy is a very good thing to take for taking the edge off nerves and calming any anxious thoughts. A few drops under the tongue before an event will work wonders or take a few drops in water and drink this throughout the day to support feelings of calm.

There are also some very good homeopathic remedies which are very effective for nerves and 'stage fright' these include:

Gelsimium, Lycopodium and Arsenicum Album - read more here <http://www.1-800homeopathy.com/blog/overcome-stage-fright>

The following is a great article about some of the remedies a performer used for stage fright and to support her performance as a classical pianist.

<https://melaniespanswick.com/2012/05/31/homeopathy-for-stage-fright/>

To find a registered Homeopath:

<http://www.britishhomeopathic.org/find-a-homeopathic-practitioner/find-a-homeopath/>