

Secrets of protecting the larynx for teachers when always having to talk a lot

Cheering, shouting, passionate about singing, or due to work demands to speak loudly, talk a lot, talk continuously, ... can cause hoarseness and loss of language. Therefore, to have a clear voice, patients need to know how to protect the larynx properly.

1. To know if your body is healthy, rely on the following signs
2. The secret to helping ripen each fruit with natural ingredients

Teachers, reporters, singers . are professions that always have to say a lot and say constantly cause sore throat, sore throat even loss of voice. Therefore, to protect their liquidity against these dangers, patients need to take measures to get rid of this situation.

How to prevent sore throat



According to experts, the professions such as teachers, singers . Those who have to talk a lot, this will cause the throat to rub hard to cause burning pain, making the patient speechless. If prolonged sore throat can turn into dangerous diseases such as sore throat, chronic pharyngitis .

Even with a sore throat, the teachers still had to give lectures to make the condition worse. Therefore, preserving and preventing this disease is extremely necessary, especially when the weather changes.

To protect the throat, experts recommend that daily use of physiological saline to clean the nose and throat in the morning and evening before brushing to protect the throat from inflammation.



Besides, you can use lemon or apricot soaked in everyday, after every hour of class. In addition to the above methods, you can use cloves or cinnamon in the early morning or drink ginger juice mixed with honey. To protect the throat from harmful bacteria and germs.

In addition to the above methods, teachers must also protect themselves in ways such as when lecturing, so moderating in a moderate voice, should use support tools such as microphones, speakers to speak, should not saying too loudly, screaming will negatively affect the vocal cords.

Especially when suffering from sore throat, teachers should pay attention not to let the throat dry for a long time, daily need to provide regular water as well as enhance fruits to supplement vitamins and minerals.



Some folk remedies you can apply when you have a sore throat

For the treatment of pharyngitis, in addition to the above methods of cleaning the throat, you can apply some herbs, herbs with antibacterial, anti-inflammatory, and help with sore throat.

1. Take the fruit of the fruit (canarium fruit, can be bought in the market), then back up, then sharp drink. The disease will go away soon.
2. Every day, make a hot cup of tea and add honey, squeeze half a lemon into drinking water. This water will help your mucus shrink. Please use this method twice a day and use it during the day and do it all days of the week to ensure the effectiveness will be very surprising. Using honey may be too common to immediately relieve symptoms of sore throat. However, perhaps you still do not know if you are having problems with tonsillitis, you can still use honey as a food to increase resistance and also be used as an effective anti-inflammatory food. .



1. In addition to the above foods, you can also use licorice root mixed with water to rinse your mouth. You can buy licorice roots in the form of powder or extracts.
2. Using garlic together is a good way to treat sore throats. Allicin contains garlic, which is considered a strong antibiotic that helps kill bacteria and viruses in the throat. How to do the following: You can suck live garlic cloves directly, then chew small and swallow water to kill bacteria directly. If you do not chew garlic, you can also crush 3-4 cloves of garlic mixed with a cup of hot milk, fix for 10-15 minutes, filter the water for 30 minutes. Drink 2-3 cups a day.
3. Hot lemon juice is also a good way to cure sore throats. You can mix hot water and lemon without sipping it during the day.
4. Gargling several times a day with diluted saline is also a good way to treat sore throats.

Note when having a sore throat, absolutely do not scream, speak loudly, talk a lot, spit, affecting the larynx; do not drink cold water or use stimulating spices such as chili, pepper, .; Do not drink alcohol, beer, smoke.

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