

Laryngitis - Were did my voice go??

Your throat gets scratchy and you think you are getting a cold. But your nose and nasal passages are not affected. Next thing you know you try to talk and your voice is now deepening and cracking.

You're a women and this should not be happenings. You may or may not have a sore throat. Then the next thing you know you are squeaking and squawking and words are just not coming out right. Your voice is very raspy and hoarse. Pretty soon it seems easier to speak in a whisper but don't - it can do more damage. Just talk in your normal (yeah, right) voice.

Yep, you have Laryngitis. The vocal cords in your larynx have become inflamed. Maybe due to a cold or some other virus or maybe just from strain of the voice (vocal cords). In either case you just want to try something to get your voice back.

If the laryngitis is caused from yelling too loudly during the some sporting event or rally - just resting your voice for a day or two and inhaling German or Roman Chamomile or Helichrysum to help relieve the inflammation may be all you need. Of course you can add a little Cajeput or Eucalyptus lemon (Eucalyptus Citriodora) or Eucalyptus radiata to the mix too.

Now if you know that you have just come down with a cold what might you use. Again, Eucalyptus, any of the varieties are good at decongesting and will help your larynx too. You can use other oils such as Sage, Hyssop, Thyme, Rosemary and Sweet Marjoram. Some folks will get relieve using Frankincense and Myrrh. Others try Cypress, Pine or Spruce. And you can also try Ravensara, Geranium and Ginger. You never know what your body will respond to better.

Al and I have only ever had real bad laryngitis a couple times in our life. The best course of action was to inhale essential oils that gave comfort and reduced the inflammation. For me, using a steam bath (bowl of hot water with a couple drops of eucalyptus or peppermint) and inhaling gave me the best relief.

The oils listed above are starting points but you may find that one combination works better for you when the cause is due to a virus and another when it is due to abusing your voice - like at that Super bowl game!!

Give your voice a rest and don't talk or yell for a few days. Try sipping warm water (not hot) with honey and a little bit of the juice from a real lemon added too. It is very soothing to the throat when you are affected by laryngitis. And soon you'll be back to normal!

CAUTION: Laryngitis and Croup in Children- Please do not use Peppermint or Eucalyptus globulus in a steam bath inhalation for children under 2 years. And don't have them inhale these directly from the bottle or cotton either. The extreme cooling action of these two essential oils can cause the glottis (the little trap door to the airway) to go into spasm and close so tightly the child may not be able to breath, resulting in suffocation (rare) it is not worth the risk.

You can check some of our previous newsletters that talk about sore throats, colds and coughing for other suggestions for essential oils that could also be helpful.

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Aromatherapy Tip of the Week

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