



The ECHO™ — Your Weekly Presentation Tip

June 6, 2007

Caring For Your Throat

A dry mouth and a tight voice are common challenges for presenters. If you're presenting for days on end, it can lead to sore throats or even laryngitis. Here are some tips for caring for your throat:

- Avoid orange or grapefruit juice. It might prevent a cold, but the acid actually hurts the lining of your throat.
- Avoid caffeine—you're jumpy enough already just thinking about your presentation.
- Drink sports drinks, which replenish nutrients rather than soda.

Here's a novel suggestion—don't talk any more than you have to. Maybe your body is trying to tell you to keep your talk short!

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