

TMRG Voice Therapy Kit TVT-S (Standard), TVT-P (Premium)

TMRG Voice Therapy -The Fastest Way to A Clear and Powerful Voice



A revolutionary voice recovery and vocal quality improvement technique, with instant and surprising results!

It's an effective treatment for hoarseness and a variety of vocal issues, as well as a vocal support for professional singers, lecturers, and everyone who wish to improve their vocal performance.

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Introduction

TMRG, who have been developing leading vocal solutions for years, present the new revolutionary treatment of vocal issues. It is the result of a years-long research and international cooperation. One of our major challenges was to find a technique combining self-treatment with **a series of easy**, **safe**, **and short routine exercises** which suit everybody, even those with extreme hoarseness issues or other vocal issues.

TMRG Voice Therapy Technique designed to address vocal issues or assist vocal training and warm up. It can serve as a complement for any individual vocal training or any training guided by vocal therapists or pedagogues

This technique combines the effects of powerful TMRG solutions, vocal techniques and TMRG Pocket Vox (TPV) device.

The solutions recover, sterilize and protect your vocal cords, thus improving their function and your vocal quality. The device, designed by an ENT specialist, is fitted with two tubes, one for inhaling and another for exhaling. This allows you to exercise all parts of your voice box in an easy, correct and controlled way. More importantly, the device forces water vapors at your cords during the exercise, thus softening and relaxing them. Unlike any other vaporizer, the TPV device makes your vocal cords move freely and enhances their vibration through water waves.

The main purposes of this technique are:

- Vocal recovery of your vocal cords after various vocal problems and wear-off.
- Preparation for intense vocal effort (warm-up), or vocal release after a vocal effort.
- Routine exercising of the cords, to make them stronger and more flexible .
- Affecting your vocal cords muscle memory, by training your vocal cords to operate in a more effective way, with a minimum effort.

General instructions

- Before using the kit, read the manual carefully, especially the Important Notes section.
- It is advisable to read the TMRG Vocal Hygiene Instructions, for further information.
- Read the TMRG solutions use instructions.

The kit's content:

Standard version

- TMRG Classic Spray 30 ML (No'2)
- TMRG Voice Synergy Oil 10 ML (No'6)
- TMRG Powder 45 GR (No'4)
- TPV device
- Earplugs.
- Nose clip
- User manual

Premium version:

- TMRG Classic Spray 30 ML (No'2)
- TMRG Voice Synergy Oil 20 ML (No'6)
- TMRG Powder 85 GR (No'4)
- TMRG Voice Saline Oil Spray 50 ML (No'5)
- TPV device
- Earplugs.
- Nose clip
- User manual

The benefits of this technique

- It is safe and simple, offering many advantages after a short practicing..
- A quicker recovery of your vocal cords and a quicker of wounds of and ailments, such as edemas and warts.
- Removal of infections, excessive acidity and mucosa from your respiratory system.
- Reduced swellings.
- Vocal support and immediate tone improvement.
- Better control of your vocal range.
- Better control of your breathing and sound length.
- Creating appropriate breathing patterns.
- Increased lung capacity.
- Opening up new resonance cavities and sinus cavities.
- Stronger respiratory system-it works perfectly for people with allergies, asthma, post nasal drip, sinusitis, flu, etc.
- Stronger immunity against viruses, microbes, fungi, and ailments.
- Increased vocal intensity and energy, due to increased vocal tract inertia and stronger vocal system muscle mass.

- A stronger diaphragm and accustomed diaphragmatic breathing.
- Vocal cords softening, and moisturizing the vocal cords and respiratory system.
- Reduced pressure on your vocal system.
- Reduced external pressure on the neck and shoulders.
- More flexible vocal organs (vocal cords, false vocal cords, palate, tongue, lips, epiglottis, etc.).
- Better capacity of vocal cords thinning, in order to make, mild and high sounds.
- Better capacity of vocal cords thickening, in order to make full sounds, with vocal presence.
- A better closing of the vocal cords.
- A Quick and easy opening of the vocal cords.

TMRG Solutions use instructions.

It is advisable to read the TMRG products leaflet as well.

• TMRG Classic Spray (No.2). Please read the products leaflet.



Spray deep into your throat or oral cavity. <u>Before</u> use during vocal stress, we recommend you should gargle some water, while making ascending and descending sounds, looking upwards. Gargle very gently, for 5 to 30 seconds. Repeat the gargling and spraying throughout the day, if you are hoarse, or for regular vocal maintenance.

Vocal professionals, such as singers or lecturers, should use it shortly before and during performances or lectures, to improve their vocal tone and quality.

If children are to use it, you can add sugar or add honey or apple concentrate, turning it syruplike.

/http://www.tmrgsolutions.com/shop/tmrg-classic-spray-2



• TMRG Voice Powder (No.4). Please read the products leaflet.



Prepare the powder as specified in the products leaflet.

During hoarseness and vocal stress, it is advisable to use the powder twice a day. Use it first in the morning or before a vocal effort (preferably, after performing vocal exercises, using the TPV Device and other TMRG products). Then, use it during working day, or when necessary. You can prepare the entire amount in advance, and drink some of it at a time. Singers should use it 4 or 5 hours prior to performance, to relax their voice box.

/http://www.tmrgsolutions.com/shop/tmrg-powder



• TMRG Voice Saline Oil Spray (No.5) Please read the products leaflet.



Spray it into the front of your nostrils and into your mouth.

For regular vocal maintenance, it is advisable to use it throughout the day and during vocal effort.

If you are a singer, spray it into your nose and mouth shortly before performance, for vocal cords strengthening and disinfection. Right afterwards spray TMRG Classic Spray (No.2), several times, for a better vocal tone

http://www.tmrgsolutions.com/shop/tmrg-oils-saline-spray/



• TMRG Voice Synergy Oil (No.6) Please read the products leaflet)



Its use is a critical part of TMRG Vocal Therapy Technique. When using it as part of the TPV device, drop one drop into the TPV bottle, as specified below. You can also apply it in other ways, as specified in the products leaflet: you can rub with it the external part of your voice box and throat; inhale it with a deep breath into each nostril, for opening up resonance cavities; gargle and swallow it with water; or just apply one drop to the rear of your tongue. http://www.tmrgsolutions.com/shop/tmrg-voice-synergy-oil/

Manner of preparing the TPV device for use:



- 1. Remove the cover
- 2. Wash the water bottle and tubes.
- 3. Fill the bottle with very hot water. Wait for 5-7 minutes after it boils.
- Amount of water required:
 - For treating hoarseness, for vocal relaxation after vocal effort, fatigue or addressing any other vocal issue, fill the water up to the lowest line, marked with "9". This is to prevent a vocal cords stress. After your vocal condition improves, you can fill water up to one third of the bottle's capacity.
 - For vocal warm-up exercises prior to vocal effort, fill the bottle up to half of its capacity. In case of vocal fatigue, fill it up to one third of capacity.

- Optionally, before regular vocal folds exercises, 3 times a week, fill more water, up to 2 thirds of capacity, as specified under "advanced exercises".
- Add **just one drop of** TMRG Voice Synergy Oil (No.6). If you added more than that, wait for a few seconds, for some of the oil to evaporate.
- Fit the tube into the bottle, and turn it until it is tightly sealed.
- Remove the tubes' covers.
- Refit the bottle in its cover.
- Before letting a child use the device, cut the longer tube at the line marked with CH. Now the TPV is ready to use.

The Exercises

1- A Basic, most easy exercises:

The exercise:

This exercise is a series of breathing in and out, alternately: **breathe out** through the **long tube**, while making sounds. Make small bubbles. **Then, breathe in** through the **short tube**, **making bubbles**. While breathing out, produce the sound swiftly, softly, with no pressuring. It should flow evenly and smoothly, that is, not too slowly.

The breathing out stretches, thins, and massages your vocal cords.

The breathing in lets water vapor moisturize your cords and relaxing them.

Manner of exercising:

 Put the long tube in your mouth and breathe out. Make ascending and descending sounds, sirenlike, blowing gently. Initially, try making the least effort-consuming sounds. Since your vocal cords move more freely at lower tones, carefully remember to make low tones as well during this exercise. Breathe out for a few seconds or minutes, and then start breathing in, and so forth: out-in-out-in. use neither too high nor too low sound intensity.

The sound should be present yet not pressed

2. Put the **short tube** in your mouth, and **breathe in**, making bubbles as small as possible. Initially, while the water is still hot, breathe briefly and abruptly, for **one second at a time**. Repeat the exercise for 2 to 5 times, with 1-seond intervals. Once the water cools down, after a few seconds, you can take increasingly longer breaths. By breathing in, you moisturize your oral cavity, immediately affecting your vocal cords mucosa.

Carry out the exercise for a few seconds or minutes, breathing in, out and in again. Our clients recommend drinking the hot water used for the exercise once it is over, to enhance the effect.

While breathing out, through the long tube, make ascending and descending sounds, making small bubbles. When breathing in, make small bubbles, too.

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You can improve your vocal cords performance even if you do not carry out all the recommended exercises, but the basic exercises only. For further information, please read the entire manual.

Attention:

When using the TPV for the first time, you can split the exercise into 2 steps, until you gain more confidence. In stage 1, it is advisable to use water only, not adding the Synergy Oil. Fill the hot water up to the lowest line only, marked with "9". In stage 2, a few seconds after stage 1, add one drop of oil and more hot water, up to the third line from the bottom, marked with "7", or the fourth line from the bottom, marked with "6", and perform the exercise.

Manner of exercising during hoarseness or vocal difficulties

- Initially, fill the TPV water bottle up to the lowest mark only, in order to avoid pressuring your vocal cords.
- Perform this exercise many times a day. Breathe in for no longer than one minute at a time. Preferably, breathe out for one minute every hour, until you feel a relief. You can breathe in for as long as you wish. If you caught a cold, it is better to breathe in frequently.
- If you lost your voice, carry out the exercise without making a sound, until you feel better.
- In case of hoarseness, but not complete loss of voice, make ascending and descending sounds very gently, beginning with low-intensity, soft sounds. Focus on low tones. Making the sound is an essential means of stretching, thinning and massaging your vocal cords. Nonetheless, when you are hoarse, carefully avoid ascending to tones above your comfortable range, thus over-stretching your vocal folds.

When your vocal condition gets better, try to expand the range higher and lower.

- The moment you feel tired of the exercise, stop and rest.
- During severe hoarseness, it is advisable to avoid speaking or singing for about 30 minutes after inhalation, in order to let the affected area rest and relax.
- When you feel improvement, use more water and expand the range higher and lower.
- Once in a while, make sure to check whether the addition of water in the TPV device makes you feel better or worse, and respond accordingly. Surprisingly, Some people report vocal improvement after they exercise with more water in the bottle. Therefore, you must exercise with various amounts of water, until it feels right in your throat.
- It is advisable to use earplugs once in a while, for a control. After putting the earplugs on, try speaking with low intensity, and minimize the pressure on your vocal cords. Listen to the sound you make "from within". For example, repeat the "ah" sound very mildly, with as low intensity as possible.
- Do not carry out this exercise if your doctor explicitly ordered you to remain silent. Doctors often do that in extreme cases, such as voice box bleeding or shortly after an ailment removal surgery.
- If you take steroids, do not use oil solutions shortly after you take the medication.

Vocal warm-up exercises

Stage 1: relaxation exercise.

Before the exercises, and before any vocal effort, it is advisable to perform the following relaxation exercise for 1 to 2 minutes, with the TPV bottle filled with hot water up to one third of its capacity.

- Relax your forehead, eyebrows, cheeks, tongue and jaw.
- Feel your head, neck and shoulder sort of "floating".
- Think and remember what you feel when relaxed.
- Stay relaxed, with your head "floating" .
- Start **breathing out** through the long tube, while creating bubbles. Keep your cheeks relaxed and vibrating during the exercise.
- Make your throat vibrate, too, for 1 to 2 minutes, making ascending and descending sounds.
- Take short breaths through the short tube, while expanding your rib cage as wide as possible.
- Now, breathe out, making ascending and descending sounds, mildly and gently. At high tones, try to avoid pressing your voice. Try to use as low intensity as possible. When your vocal system is relaxed, you can reach very high tones.
- Now, take long, relaxing breaths through the short tube

Stage 2:

Fill the water bottle up to half of its capacity, and perform the Basic Exercise for 5 to 20 minutes. **Advanced exercises (optional)**

The following exercises are designed to strengthen your vocal cords and other vocal organs, thus improving your vocal control, quality, intensity, and diction. Read this chapter several times, in order to carry out these exercises effectively.

A training in breathing out with resistance of the water, combined with pronunciation exercises, for improving your sound-shaping capacity.

Attention: this exercise cannot be performed during hoarseness or vocal fatigue, or in a day of performance . All other exercises can be performed under all circumstances.

Perform the relaxation exercise for 2 or 3 minutes. Then, you can add lukewarm water to the TPV water bottle, filling it up to 2 thirds of its capacity.

Using more water will make the breathing out more difficult. This way, it will enhance the strength of your cords and their closing capacity. It works the same way as working out with an additional weight, or strongly massaging a muscle.

Perform these exercises 3 to 4 times a week, for about 5 minutes at a time. You can increase the duration gradually, up to 30 minutes.

The exercises:

Make ascending and descending sounds:

Vowel pronunciation: Pronounce vowels clearly, breathing out through the long tube.
First, pronounce one vowel at a time ("a", "e", "i", "o", "u"), in ascending and descending tones. Then pronounce all vowels, one after another, in the same tone. Carefully remember to grip the tube tight with your lips. This will strengthen lazy lips. This is an essential means of enriching your voice.

• Consonant pronunciation:

Pronounce all the following consonants, letters, one at a time, through the long tube:

- Make the "r" sound, during the breathing out through the long tube, in two ways. First, make a guttural "r" sound, Edith-Piaff -style. This serves to enhance frontal resonance and increase larynx flexibility. Then, make a "trrr" sound. This serves to increase your tongue flexibility. Make sure to repeat the sound at every tone.
- Perform the same exercise, making the "yee" sound, in ascending and descending tones. This will improve your middle-tongue flexibility.
- Repeat the same exercise, pronouncing the "L" sound. This will prevent the lazy tongue problem.
- Repeat the same exercise, pronouncing the "v" sound.
- Sing all the aforementioned consonants in ascending and descending tones (either the entire scale, or siren-like). This will enhance your speech organs strength and flexibility.
- You can also practice numbers names pronunciation the same way.
- Perform the exercise, reciting a poem or a short text.
- Perform the exercise, singing an entire song.

Manner of exercising:

- Carefully make sure to grip the tube tightly with your lips. Stress every letter, in order to improve your diction. You must keep pronouncing the letters, even if the words sound unclear. Keep your lips thick and soft throughout the exercise. A correct diction enhances your vocal intensity, and the flexibility and agility of your organs of speech, namely your tongue, hard palate, soft palate, jaw, glottis, larynx, and uvula.
- 2. Make the sounds at an even rate, in a relaxed and calm tone. Carefully maintain the same inner rhythm, as if you're parading the sounds. You must learn to sense the words rhythm, as you do while reciting a poem. The sense of rhythm significantly contributes to your vocal flexibility and helps you express your burst of vocal energy.
- 3. If the water splash, incline the water bottle towards you.
- 4. Make bubbles as small as possible. This will improve your airflow control and vocal technique, and make your voice lighter. This will also help you minimize airflow and effort.
- 5. Increase and decrease the intensity of your voice. At higher tones, gradually increase the rate and intensity, gradually decreasing it at lower tones, and vice versa.
- 6. Combine even sounds with staccato singing.

- 7. You should feel the vocal support, resistance and contraction at your abdomen, ribcage, the back of your neck, upper torso, and even the rear of your head. This will help you maintain the proper muscle tonus, for producing a healthy, energetic sound.
- 8. Make long sounds with vibration. This will improve your vocal control.
- 9. Use different resonance-cavities. (Make low tones with chest resonance, and high tones with forehead resonance). Each resonance cavity involves using different voice box muscles.

Breathing in exercise:

Breathe in short abrupt breaths, and then long ones, through the short tube.

Deep, intense breathing in, with your diaphragm and ribcage, without lifting your shoulders, is good for your vocal intensity and stability.

Manner of exercising:

- 1. Fill the water bottle up to one third of its capacity. Take short, quick breaths in, intensely flipping your abdomen. Perform it as part of your vocal warm-up.
- 2. Carry out the exercise for a few minutes, and then start breathing in as deeply as possible, expanding your ribcage and stiffening your neck muscles. This will strengthen them.
- Hold your breath for as long as possible, and breathe out freely. Repeat the process. This exercise will strengthen your vocal support muscles, namely, your diaphragm, intercostal muscles and neck and head muscles. The breathing in will enhance your vocal intensity and sound duration.

TPV exercises instructions summary

- During the exercises, you should hear and sense the sound vibrations.
- Be attentive to chest, laryngeal, oral, open nasal, and facial resonance. Be attentive to your breathing.
- Try to make small bubbles, as a way of minimizing your voice-producing effort.
- Make sure you feel comfortable throughout the exercise. If you feel stress, maintain a proper posture, and breathe deeply and calmly. Make relaxation exercises.
- Remember: for relaxation exercises, fill the water bottle to the lowest mark only. For warm-up exercises, fill it up to half capacity. For vocal cords strengthening exercises, use more water.

Additional exercises (optional)

Nose-clip and earplugs exercises:

- Put the nose-clip on, partially closing your nostrils, and then try to speak or sing. This should stress the frontal resonance of sounds. This resonance area is essential for vocal intensity and luster enhancement, with minimum effort.
- Try to imitate sounds such as duck-call; a cricket-like, sharp, and grating sound; a loud, grating mewing; or a baby's scream. This resonance area is called Twang-N area, and Edith Piaff was famous for using it.

- Try to direct your sound towards your nose and palate, making a duck-like tone. (When making this sound, your epiglottis should bend towards your Adam's Apple and your voice box should rise. This should stress strong overtones.) After a few minutes' training, you can put the earplugs on, and minimize the sound to pianissimo, listening to it "from within".
 - This will enhance your sensitivity to the amount of pressure you put on your vocal cords.
- Remember: when exercising during hoarseness, make sure, occasionally, to put the earplugs on and minimize the intensity of speaking and singing, in order to minimize the vocal stress. <u>You</u> <u>should also get used to speaking softly, without pressuring.</u>

Tongue relaxation exercise.

It is recommended as a vocal warm-up exercise or as a part of hoarseness treatment. It is also recommended for people with acute or chronic hoarseness problems.

This exercise is essential for maximum release of the tongue and other voice box muscles. This should facilitate the airflow and improve your diction.

Manner of exercising:

- 1. Put your tongue out.
- 2. Wrap it with a clean piece of cloth, e.g. a small towel, a handkerchief, or a piece of gauze.
- 3. Pull your tongue forward a little, using your fingers.
- 4. Massage your tongue gently, with your fingers, pressing various parts of it.
- 5. Make "i' (with your mouth open and smiling) and "a" sounds, in addition to free, siren-like sounds.

Avoid pulling your tongue too strong, in order to avoid voice box locking and cramps. Perform it between one and five minutes, according to circumstances.

General notes:

- 1. After every use, wash the TPV device and store in a shaded place.
- 2. Do not bite the tube during exercises.
- 3. Add no substances to the water, other than Synergy Oil (No.6).
- 4. Before letting a child use the device, fill the water bottle up to the lowest mark only. Children should use the device under an adult's supervision only.

Additional information for ENT doctors, speech therapists, vocal teachers and vocal therapists

The effects of TPV on vocal performance

- 1. Supraglotal pressure on the source of sound (vocal tract inertia), with the following consequences:
 - Decreased vocal pressure.
 - Quick and easy opening and closing of the vocal cords.
 - Increasing vocal intensity without additional effort.
 - Longer closing of the vocal cords.
 - Front resonation.
 - Increased vibration.

2. Narrowing of the vocal tract, with the following consequences:

- Singing loudly without straining one's vocal cords.
- Decreased vocal pressure.
- Inertial resistance across the range.
- Effortless tone-raising

3. Lowering of the voice box, with the following consequences:

- Thicker vocal cords and stronger vocal muscles mass.
- Effective closing of the vocal cords.
- Smooth sound generation.
- Increased vocal intensity.

4. Relaxing the TA muscle, with the following consequences:

- Increased control of the muscle, due to muscle tension decrease.
- Increased capability of using the muscle for sound vibrating.

5. Increased resonation volume, due to:

- Vocal tract extension
- Subglottal cavity Increase
- Stretching and flattening of the false vocal cords.
- Shaping the vocal system like an inverted megaphone.
- Moving the tongue forward.
- Lifting the palate into a pre-yawning position.
- Distancing the voice box, lingual bone and tongue from each other.
- Reduced external pressure on the neck and shoulders.
- Accustomed diaphragmatic breathing.
- 6. Artificial extension of the vocal tract, using the TPV, with the following consequences:
 - Decreased vocal pressure.

- Decreased airflow
- Decreased vocal effort.
- Changing the air pressure on the vocal system, and, consequently, the glottal airflow.
- Changing the phonation threshold pressure and vocal tract pressures, and consequently, the vibration.
- Neural effects on articulation outside the voice box, and therefore, on voice box position .

7. Changing habits through changing body sense, with the following consequences:

- Greater sensitivity to and control of supraglottal pressures and resonance cavities.
- Facilitating biofeedback, for relaxation and symmetric movement.

8. Facilitating abdominal and diaphragmatic breathing, through:

- Decreased external tension in the neck and shoulders.
- Prevention of close contact of the voice box, lingual tongue and tongue.
- Creating correct breathing patterns.

For any question, contact us: avi@tmrgsolutions.com

Good luck

TMRG Specialists