



## Soothe, Moisten, and Protect Challenged Throat Tissues

The Practical Guide  
to a Healthy Voice



### *Have you ever been caught voiceless?*

Last week I coached my little league teams in the regional soccer finals—two games back to back. That translates to screaming and cheering enthusiastically, at the top of my lungs, for a couple of hours. We won both games, but by that evening, my throat was raw. My voice was reduced to nothing but a whisper.

I remembered straining my voice once or twice in the past, but this time it was much worse. I turned to a couple of simple, tried-and-true remedies. I sipped a hot tea of fresh ginger, lemon, and honey. I gargled with warm salt water. However, despite these measures, I was still voiceless the following day.

#### **A favorite among opera singers**

I searched online and I struck gold...an herbal spray called Singer's Saving Grace®. This remedy had an excellent pedigree, having been given a thumbs up by opera singers. Here's the interesting story behind its creation, in the words of the herbalist who formulated it.

"In the early 1990s, I worked with singers from the world-famous Santa Fe Opera. The long performances and the high-elevation, dry climate of Northern New Mexico were taking a toll on these performers and stressing their vocal tissues. Over a period of four years, I developed and fine-tuned a formula to help professionals like these maintain healthy throat tissues and enhance vocal clarity. Out of this work came a clear winner: Singer's Saving Grace®."

—Daniel Gagnon, Medical Herbalist, Owner of Herbs, Etc.

Luckily, I learned that this product isn't just for opera singers! The herbs in Singer's Saving Grace® increase the throat's ability to withstand stress from any and all kinds of long-term, intensive vocal use. Think hollering football fan, radio announcer, motivational speaker, auctioneer, or even trying to make yourself heard at a loud party.

#### **Singer's Saving Grace® to the rescue**

The next morning I went to the natural foods store in search of Singer's Saving Grace®. The sales associate

explained that prolonged shouting had dried out the layer of mucus in my throat. She also mentioned that when people stretch their voice to the limit, blood vessels become dilated, leading to feelings of constriction. She nailed it. My throat felt dry, raw, and tight. She said Singer's Saving Grace® normalizes throat circulation, allowing fresh nutrients to enter the tissues and waste products to be promptly removed. She added that the spray enhances production of beneficial secretions that bathe the throat with a protective coating. Sure enough, this formulation immediately moistened, soothed, and cooled my throat. By the evening, my voice was restored. I also learned I can use Singer's Saving Grace® preventively, before I coach the next soccer match.



I depend on having my voice sound strong and clear. Singer's Saving Grace® works great for professionals like me, so imagine what it can do for you!

#### **Achieve a crystal-clear voice**

When I saw how well it worked for me, I thought immediately of my younger sister, Gloria. She's the lead singer in her band and just signed a record deal for her second album. Getting recognition in the music world requires countless rehearsals and playing long sets. Too often, a worn-out voice is the price for this accomplishment. Gloria's band was about to go on a lengthy tour, and the timing was perfect for her to learn about Singer's®. "There's a lot at stake here," she said, "and my voice has got to sound really strong and clear." She tried the spray at her next rehearsal and loved it.

## Be heard over the clamor

Then my best friend Judy came to mind; she teaches physical education classes to middle-school students. Her voice must carry over the shouts of youngsters in a large gymnasium. "By the end of the day," she told me, "my voice is so tired and scratchy, the kids can't hear me." I knew she would benefit from Singer's Saving Grace® so I gave her a bottle. Her response was rapid and positive. "I use it whenever my voice starts to feel fatigued. Now it's powerful enough to get the attention of my rowdy students."

## A voice you can count on

Judy was so pleased with the results she got from Singer's® she knew she had to get her father to try it. Ralph is the CEO of a nonprofit and he averages three lengthy conference calls each day. He has too much, rather than too little, mucus. He's constantly clearing his throat and finds his voice to be unreliable. Judy reported that the spray was a great solution for her dad. "He's sold on Singer's®! Within minutes his voice became clear. He uses it before each conference call. It's the only thing he's found that cuts through his mucus. Now he knows he can get through an entire day of using his voice to the max."

## Singer's Saving Grace®...in a class by itself

Singer's® is a surefire throat-saver. I've seen first-hand how it soothes, moistens, and protects challenged throat tissues and preserves a resilient, healthy voice.

### Your ticket to voice clarity and vocal comfort

Do you sometimes stretch your voice to the limit? Whether or not you use your voice as a finely tuned instrument, the expertly chosen herbs in Singer's Saving Grace® quickly soothe and moisten a raw, raspy throat. Within minutes, your voice is clear and your throat feels comfortable. This versatile spray can be used preventively, to protect your voice during intensive vocal use. Or you can use it after the fact, to cool and restore overworked vocal tissues. It's also ideal for throat irritation due to dry environmental conditions or respiratory challenges.

## Don't be caught voiceless!

If you place rigorous demands on your voice, Singer's Saving Grace® provides essential support. It soothes, moistens, and protects challenged throat tissues. Several formulations and flavors will suit your needs and tastes. Cool Mint, Honey/Lemon, Serious Cinnamon, and non-alcohol Citrus & Honey are great for everyday use. Extra Strength and non-alcohol Professional Strength are best used for extra throat support. Here are the herbs that make this throat spray so effective.

**Yerba Mansa** shrinks congested tissues, improves throat-lining integrity and removes wastes through the lymphatics.

Fresh **Stoneroot** tones blood vessels, relieves feelings of constriction and restores throat circulation.

**Licorice** soothes distressed respiratory linings, moisturizes the throat, and helps maintain healthy vocal tissues.

**Jack-in-the-pulpit** inhibits the release of irritating compounds that dehydrate tender vocal membranes.

**Osha** (found only in Extra Strength and non-alcohol Professional Strength) normalizes mucous secretions and lubricates dry respiratory linings.

**Propolis** (found only in alcohol-based formulations) increases tissue resilience and boosts immune resistance.

**Echinacea angustifolia** enhances lymphatic drainage by toning connective tissues in the throat.

**Ginger** delivers gentle warming properties that increase local circulation, keeping your throat comfortable.

**Caution:** Do not use Singer's Saving Grace® during pregnancy. Do not use products containing Propolis if you are allergic to bee stings or bee products. Sample any new throat product at least one day before using your voice professionally.



Contains: Yerba Mansa (root), fresh Stoneroot (root), Licorice (root)<sup>1</sup>, Jack-in-the-pulpit (root), *Echinacea angustifolia* (root)<sup>1</sup> and Ginger (root)<sup>1</sup>. May contain Osha (root) and/or Propolis (gum).  
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## ABOUT HERBS, ETC.

Since 1969, Herbs, Etc., makers of exceptional natural medicines, has been harnessing the healing power of nature to create and deliver professional strength, formula-based dietary supplements.

The Herbs, Etc. family of products features a line of fast-acting liquid herbal softgels, professional strength liquid herbal extracts and non-alcohol liquid herbal extracts.

Daniel Gagnon, Owner of Herbs, Etc. and a Medical Herbalist since 1976, was an early proponent of the healing properties of herbs. His focus is on creating synergistic medicinal formulations that are unique, safe, and effective.



Solutions You Trust®

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