

Instructions

Congratulations to your purchase of The Original Zangger Voice Pipe®

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The Original Zangger Voice Pipe ® is an essential tool for healthy vocalization for speakers and singers.

Teachers, Singers, Artists, Speakers, Actors, Sales Personnel and others now have access to an essential tool for training the voice to work without pain and fatigue. The Zangger Voice Pipe ® builds strength and vocal stamina by helping you to stretch and decompress the vocal folds in a healthy and sustainable way. You will experience lower vocal stress and greater vocal strength for singing and speaking success.

When It Can Be Used:

- Whenever your voice feels fatigued
- In the morning shower, to get the voice ready for the day
- After a long day of extensive voice use
- Before and after rehearsals, gigs, speeches, teaching and presentations

How It Works

The Zangger Voice Pipe ® is the result of solid voice research and experience, which has proven the benefits of stretching and decompressing the vocal folds in a controlled and safe manner. Voice scientists refer to this as vocalizing with a semi-occluded vocal tract; its benefits are widely known. When you vocalize into the pipe, the vocal folds, square up the different vocal fold layers, keeping the vocal folds slightly separated; this means that there are no strong collisions between the vocal folds. This allows you to use full lung pressure and a full range of pitches without risking injury to the voice. The results can be a healthier "vocal setup" including more volume in the higher partials ("ring") and thereby a louder perceived volume. The Zangger Voice Pipe ® also makes phonation easier through lowering the phonation threshold pressure (this is the lung pressure it takes to make your vocal folds vibrate). These benefits are felt in all areas of voice use including vocal warm ups, vocal cool downs and general voice habilitation. The Voice Pipe has the added benefit as a tool for practicing balance between voice registers and the intrinsic muscles of the larynx.

How To Use It

- Ensure that the Zangger logo is facing down when using the pipe.
- Always use a good vocal technique: Good posture, activated abdominal muscles', relaxed jaw and no "pushing" or "pressing" from the throat.
- You are not supposed to feel any strain on your voice.
- Don't bite on the pipe when you vocalize, relax the jaw muscles.
- Don't fill your cheeks with air.
- It is normal for saliva to sometimes come out of the pipe. Simply wipe it off or rinse the pipe with water.

The sensation of back pressure that occurs when you vocalize into the pipe can feel a bit awkward at the beginning, but you will quickly learn the technique and get used to the feeling. This sensation of the back pressure will be more intense when you phonate on higher notes and sometimes the voice can even crack, especially when you vocalize in the upper part of your vocal range. Simply focus on the technique with a relaxed throat an active abdomen and stay below those high notes until you have developed your technique.

Exercises

Set the clock alarm or timer for 6 minutes and "run though the exercises below in this order: For a warm up session do exercises 1, 2, 3 and 4 and for a cool down session try exercises 1 and 3.

1. Slowly glide from the bottom of your voice up to a normal speaking pitch and back again. Slowly increase the range to go higher and higher - do this for 2 minutes (if you don't know how to glide though notes, imitate the sound of any emergency vehicle on higher and higher pitches).
2. Glide from a low note a few tones and hold that note for two seconds, slowly glide to higher and higher notes, but never press your voice – you should feel no pain. Do this for 2 minutes.
3. Do some staccato exercises on a comfortable pitch, by imitating a baseline of a song, an old fishing boat, and old train or similar. Do this for 1 minute.
4. Sing a song of your choice in a comfortable pitch, e.g. the national anthem. Do this for maximum 1.5 minutes.

Now your voice should be stretched and decompressed - a perfect setup for any vocal task or even for vocal rest - with maximum efficiency and minimum strain.

You will receive a free, special, members-only tutorial as well as news relevant to voice users when you register your Zangger Voicepipe ® here www.zangger.se

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