

## Vocal health concerns? Here's an "exercise" coach with an immediate assist.

HOLLYWOOD, CA, September 10, 2005 – He's not a doctor, but his study of vocal production has resulted in an exercise regime that heals or helps prevent vocal strain that can cause nodules, polyps, hoarseness and fatigue. And for all levels of singers, using *Roger Burnley's EZ Vocal Method™* allows them to perform stress-free on a daily basis.

Roger Burnley has been coaching vocal students since 1988. However, it wasn't until clients with real vocal damage sought his services that he earnestly began to study the physiological principles behind "how" the voice works. It seemed like a simple premise, but Roger realized that none of the many vocal coaches he'd had since childhood had really explained voice production to him. Roger credits these "ill" clients with unknowingly pushing him to the next level.

"I had one client who literally couldn't speak," Roger recalled. "He had a condition called spasmodic dysphasia, and he came to me as a last resort when speech therapy had failed. On top of his misusing and straining his voice, the recent death of his mother psychologically added another shock to his body. I came to discover that his vocal cords had actually lost their memory."

Using specific exercises, Roger worked on retraining the muscles in the client's throat to restore the memory of how to create sound. It took persistent work on both their parts, but within six weeks, his client was able to form sounds again. And while this case of losing one's voice involved complex circumstances, most people don't realize how dangerous misusing their voices can really be.

“Another client had seriously injured her vocal cords by screaming at high school athletic events,” Roger continued. “She developed cysts and was convinced she’d never have a normal voice, and certainly would never sing again. It wasn’t until she came to me some 15 years after the problem began that I was able to give her specific exercises to relieve the stress and actually heal her throat.”

Beverly Hills ear, nose & throat specialist, Dr. David Alessi, has sent many clients to Roger for rehab after throat surgery – the first one being a client who’d developed nodules and had to have them removed. Dr. Alessi credits Roger with offering his patients “new techniques and vocal habits that have lessened the need for further medical treatments, allowing them to continue their musical careers”.

“The key for me is having clients *understand* what’s going on in their throats as they produce sound,” Roger added. “Clients also have to comprehend ‘why’ they’re practicing a certain exercise, and what will ultimately be gained from it. I recently modified my exercises after extensively critiquing my own singing and determining what I had to physically change to create the desired results.”

Keeping the larynx in a fixed position while singing is one of the basic keys. However, trying to reach higher notes, for example, might cause the whole body to move up, causing the larynx to rise, losing sound and causing the notes to break apart. Roger’s mental solution: think “down” while singing “up”.

“It’s imperative to use your mind to create new sense memories, so you can change what your body normally wants to do,” Roger explains. “Most people forget that making your voice do what you want it to requires consistent exercise and practice. Good vocal habits are learned, and are important health-wise for singers and non-singers alike. Just like

athletes need an exercise regime for their bodies, singers need specific exercises to maximize their vocal instruments.”

*Creator of Roger Burnley’s EZ Vocal Method™, now available in a groundbreaking DVD/CD package, Roger is a vocal coach in Hollywood, CA, and may be contacted at [www.RogerBurnley.com](http://www.RogerBurnley.com).*