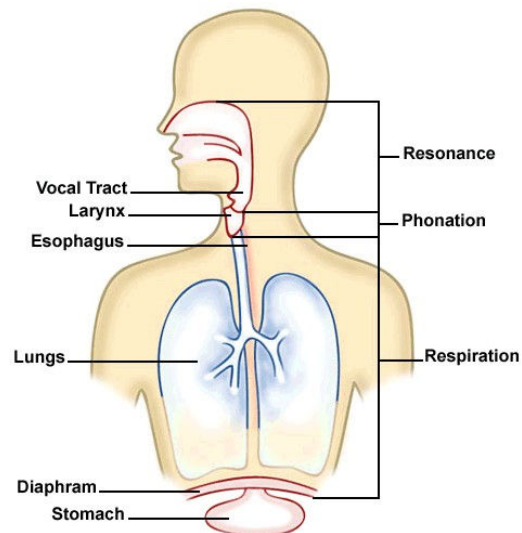


ANATOMY OF THE LARYNX

Voice production is a complex action, and involves practically all systems of the body. Voice production begins with respiration (breathing). Air is inhaled as the diaphragm (the large, horizontal muscle below the lungs) lowers. The volume of the lungs expands and air rushes in to fill this space. We exhale as the muscles of the rib cage lower and the diaphragm raises, essentially squeezing the air out.



In order to produce sound, adductor muscles (the "vocal cord closers") are activated, providing resistance to exhaled air from the lungs. Air then bursts through the closed vocal cords. As the air rushes through the vocal cords, the pressure between the cords drops, sucking them back together. This is known as the "Bernoulli Effect." This vibration, or the action of the vocal cords being blown apart and then "sucked" back together, is repeated hundreds or even thousands of times per second, producing what we hear as voice. This sound, created at the level of the vocal cords, is then shaped by muscular changes in the pharynx (throat) and oral cavity (including the lips, tongue, palate, and jaw) to create speech.

The larynx is the structure at the top of the trachea and is made up of muscle and tissue. The larynx is also referred to as the voice box. The voice box contains the vocal cords (two folds of muscle tissue which are connected to the larynx from front to back).

The larynx has three important functions:

- Control of the airflow during breathing
- Protection of the airway
- Production of sound for speech and singing

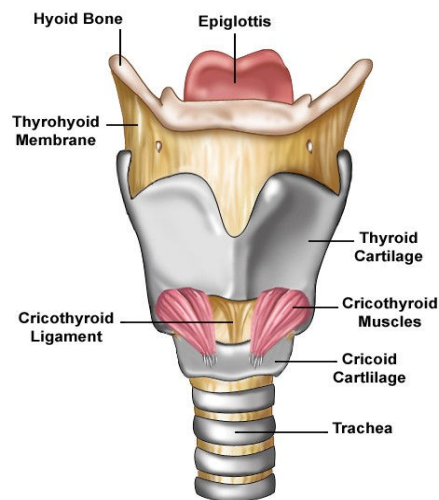
One of our methods goals is to bring the larynx back to its natural state with the hyoid bone, while keeping the jaw and tongue from pulling on the larynx.

Either bad or no technique, and not using properly using the muscles, a singer's larynx can fall below this area. This causes unnecessary tension in the vocal cords. Instead, the larynx should be

firmly attached to the hyoid bone. With our training method – correct speech and vocal production is restored.

The larynx (lar-inks), commonly called the "voice box," is a tube shaped structure comprised of a complex system of muscle, cartilage, and connective tissue. The larynx is suspended from the hyoid bone, which is significant in that it is the only bone in the body that does not articulate with any other bone. The framework of the larynx is composed of three unpaired and three paired cartilages. The thyroid cartilage is the largest of the unpaired cartilages, and resembles a shield in shape. The most anterior portion of this cartilage is very prominent in some men, and is commonly referred to as an "Adam's apple." The second unpaired cartilage is the cricoid cartilage, whose shape is often described as a "signet ring." The third unpaired cartilage is the epiglottis, which is shaped like a leaf. The attachment of the epiglottis allows it to invert, an action which helps to direct food and liquid into the esophagus and to protect the vocal cords and airway during swallowing.

The three paired cartilages include the arytenoid, cuneiform, and corniculate cartilages. The arytenoids are shaped like pyramids, and because they are a point of attachment for the vocal cords, allow the opening and closing movement of the vocal cords necessary for respiration and voice. The cuneiform and corniculate cartilages are very small, and have no clear-cut function.



Our method of SLS works with the natural breathing process of the diaphragm and eliminates all unnecessary muscle usage outside of the larynx and vocal tract, or from bad or incorrect vocal training. In other words, no air wasted means optimum sound production with the least amount of physical effort. The technique of SLS yields immediate results. Following a proper exercise regimen, vocal power, agility, richness and increased range easily develop.

This technique is particularly effective at rejuvenating damaged voices.