

Color of Mucus	Probable Condition	Explanation
Clear	You're normal	Your body's normal type of mucus is clear because it consists mainly of water, as well as antibodies, dissolved salts and proteins. Your nasal tissues produce clear mucus continuously, and most of it flows down the back of your throat and into your stomach.
White	You're congested	Your body is very likely signaling the presence of allergies, a cold, dehydration or a nasal infection. Swollen, inflamed tissues in your nose are slowing the flow of your mucus, causing it to lose moisture and become cloudy and thick. [For an allergic response to pollen, eat some raw local honey or drink nettle tea. For other allergic responses, it is best to get tested to determine how to treat it, such as NAET testing and treatment.]
Yellow	You're dealing with a cold or infection that is progressing	Infection-fighting cells, which include white blood cells, have joined the fight against a microbial infection. Once they've performed their job, these infection fighters are carried off by your mucus, which causes it to take on a yellowish hue.
Green	Your immune system is fighting back	Your immune system is taking things to the next level in a fight against what may be a bacterial infection. Your mucus is changing color again mainly due to the presence of even larger amounts of dead white blood cells and other cellular debris. If your illness has lasted more than 12 days, you may want to visit your doctor, especially if you have a fever or are nauseated.
Red [or rust]	You have a broken blood vessel in your nose	Blowing [or picking] your nose or coughing can cause small blood vessels in your nose or airways to break and bleed. While specks of red (or pink) are not uncommon due to your mucosa becoming dry and irritated, the presence of a lot of blood may indicate a more serious medical condition.
Brown	You likely inhaled something dark	Although brown mucus could be a sign of dried blood, it is more common for it to signal the presence of something you inhaled from the environment, such as dirt, dust or other darkly-colored debris.
Black	You are a smoker or you have a fungal infection	If you smoke or use illegal drugs, your mucus may turn black. If you have a compromised immune system, black mucus may indicate you have a serious fungal infection. If you are not already seeing a doctor, you should make an appointment immediately.

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