

Color of Mucus	Probable Condition	Treatment
Clear	You're normal	No treatment is needed. [However, if the mucus is thick or excessive, use a Neti pot].
White	You're congested	[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	[In my experience, yellow usually means a respiratory virus such as cold or flu. I take Swan Vally Herbs' Lomatium compound tincture (contains Lomatium root, Osha Root, Cedar leaf, Yarrow and Usnea.) [If a fever is present, take an aspirin or white willow bark powder]
Green	Your immune system is fighting back, most likely against a bacterial infection	[In my experience and when I catch it early, I take goldenseal and Oregon grape tincture which provide berberine, a well-studied, natural substance for fighting infections.] 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	[I have a long history of bloody noses, some of which are severe. My Mom taught me to put a cold, wet washcloth on my forehead, and another around the back of my neck; then slightly lean my head back while holding facial tissues at my nose. Re-moisten the cloths with cold water as needed.]
Brown	You likely inhaled something dark	[If mucus is thick or excessive, use a Neti pot or an expectorant.]
Black	You are a smoker or you have a fungal infection	If you are not already seeing a doctor you should make an appointment immediately.

This chart adapted from Mercola: <https://articles.mercola.com/sites/articles/archive/2018/06/02/mucus-color.aspx>, with tips from my own experience.