

**Question: Why shouldn't I drink orange juice when I have a cold? That's the opposite of what I usually hear.**

**Answer:** Orange juice, grapefruit juice, apple juice, pomegranate juice, and most other fruit juices are excellent for you. But not everything is good for you all the time. In Chinese medical terms, orange juice tends to create “phlegm.” When we talk about phlegm, we don’t just mean mucous, but also energetic types of phlegm. Still, it is not that difficult to see this. Many people will tend to notice a feeling of phlegm or stickiness in the back of the throat after drinking orange juice. Ordinarily, the health benefits of orange juice far outweigh the small amount of phlegm that it tends to produce. The time to be cautious is when you're already suffering from too much phlegm – runny nose, stuffy head, chest congestion. So, think of orange juice as an excellent preventative, but try not to drink too much of it when you're sick with the type of cold that produces a lot of mucous. At those times, stick to clear juices like apple juice, drink lots of water, and consider warm teas.

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