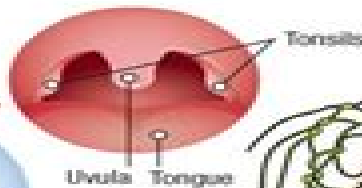
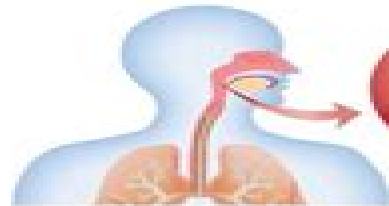


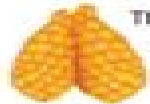
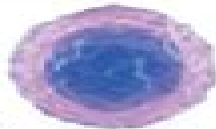
# Human Body: Lymphatic System

The lymphatic system plays a vital role in the body's immunity. Lymphatic vessels transport lymph, a fluid containing infection-fighting white blood cells, from body tissues into lymph ducts that drain into lymph nodes.



**Tonsils** are in the back of the throat, on both sides. Tonsils aid in fighting off pathogens but sometimes become infected. A tonsillectomy can be performed to remove infected tonsils.

**Lymphocytes** are a type of white blood cell that produces antibodies for immunity.

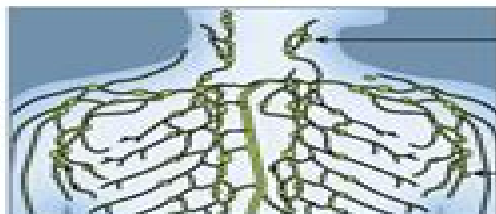


The **thymus** is a lymphatic organ located between the lungs and acts as storage for lymphocytes.

## Lymph Nodes

**Lymph nodes** are small, oval-shaped nodes that occur in clusters throughout the body. They contain lymphocytes and help defend the body against infection.

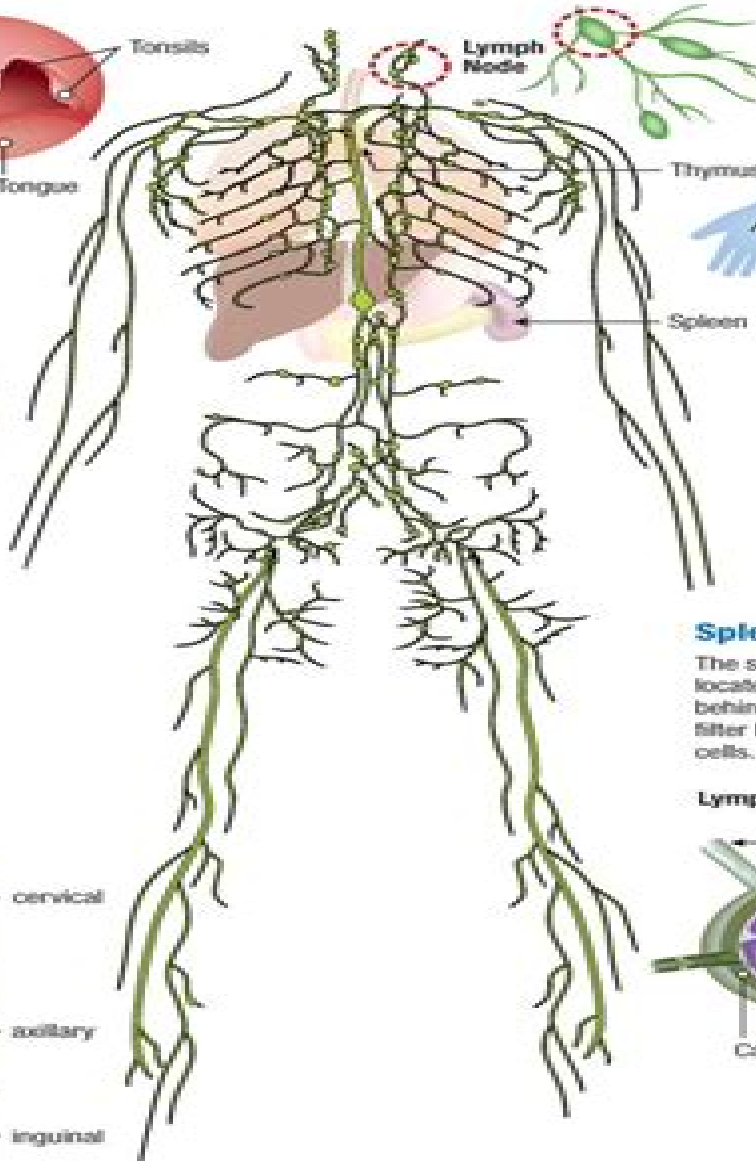
**Superficial lymph nodes** are highly concentrated in the cervical (neck), axillary (arm pit), and inguinal (groin) regions. These are palpable and are often used as indicators of infection.



cervical

axillary

inguinal



Lymph Node

Thymus

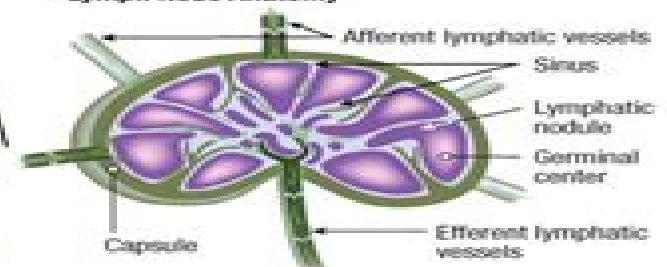
Spleen

## Spleen

The spleen is a lymphatic organ located in the upper abdomen, behind the stomach. Its function is to filter blood's debris and old red blood cells. Lymphocytes are also stored here.



## Lymph Node Anatomy



Afferent lymphatic vessels

Sinus

Lymphatic nodule

Germinal center

Capsule

Efferent lymphatic vessels

# Lymphatic System And Immunity Guide

**Ellie Kirov, Alan Needham**



## **Lymphatic System And Immunity Guide:**

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practice and makes this material accessible to facilitate learning This accompanying study guide helps students apply their knowledge and ensure their understanding of the content covered

**Lymphatic System Health** Cassian Pereira, AI, 2025-03-14 The book *Lymphatic System Health* unveils the often overlooked lymphatic system a critical network for immune function detoxification and fluid balance Understanding this system is paramount for overall health and wellness The book explores how lifestyle interventions such as diet and exercise can significantly impact lymph flow and consequently overall health A key insight is the lymphatic system's central role in adaptive immunity challenging older views that considered it merely a waste system This book provides practical methods to enhance lymph flow supported by scientific evidence It details the lymphatic system's anatomy and physiology before progressing to discussions on diet exercise and self massage techniques By integrating scientific research with actionable advice the book empowers readers to take control of their health proactively The book highlights how targeted lifestyle interventions can lead to tangible improvements in health and vitality offering a unique perspective in integrative medicine and holistic health

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*Immunology: Overview and Laboratory Manual* Tobili Y. Sam-Yellowe, 2021-08-01 A two in one text providing teaching lab students with an overview of immunology as well as a lab manual complete with current standard exercises Section I of this book provides an overview of the immune system and

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