

THE HUMAN BODY /
IMMUNE HIGHWAYS

The Lymphatic System

The body's silent drainage and defense network
— keeping us balanced, clean, and protected
every second of every day.



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01



FUNCTION / FLUID DRAINAGE

Acts as a Drainage System

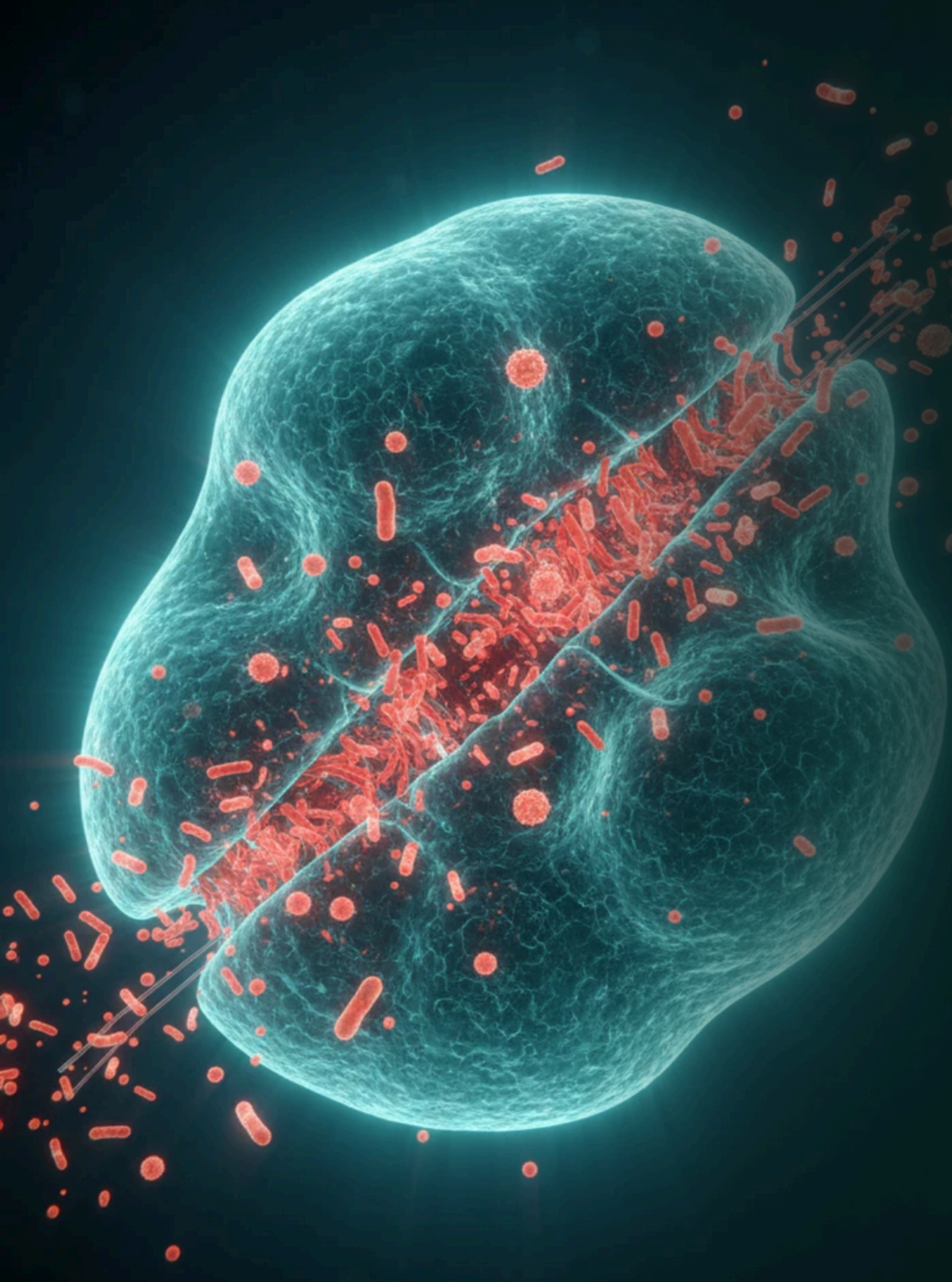
The lymphatic system collects excess fluid that leaks from blood vessels into tissues, returning it to the bloodstream. This continuous drainage prevents swelling and keeps the body's fluid volume in balance.

02

DEFENSE / FILTRATION

Removes Pathogens

Lymph nodes act as biological checkpoints, trapping bacteria, viruses, and harmful debris as fluid passes through. Immune cells inside then destroy these invaders before they can spread and cause illness.



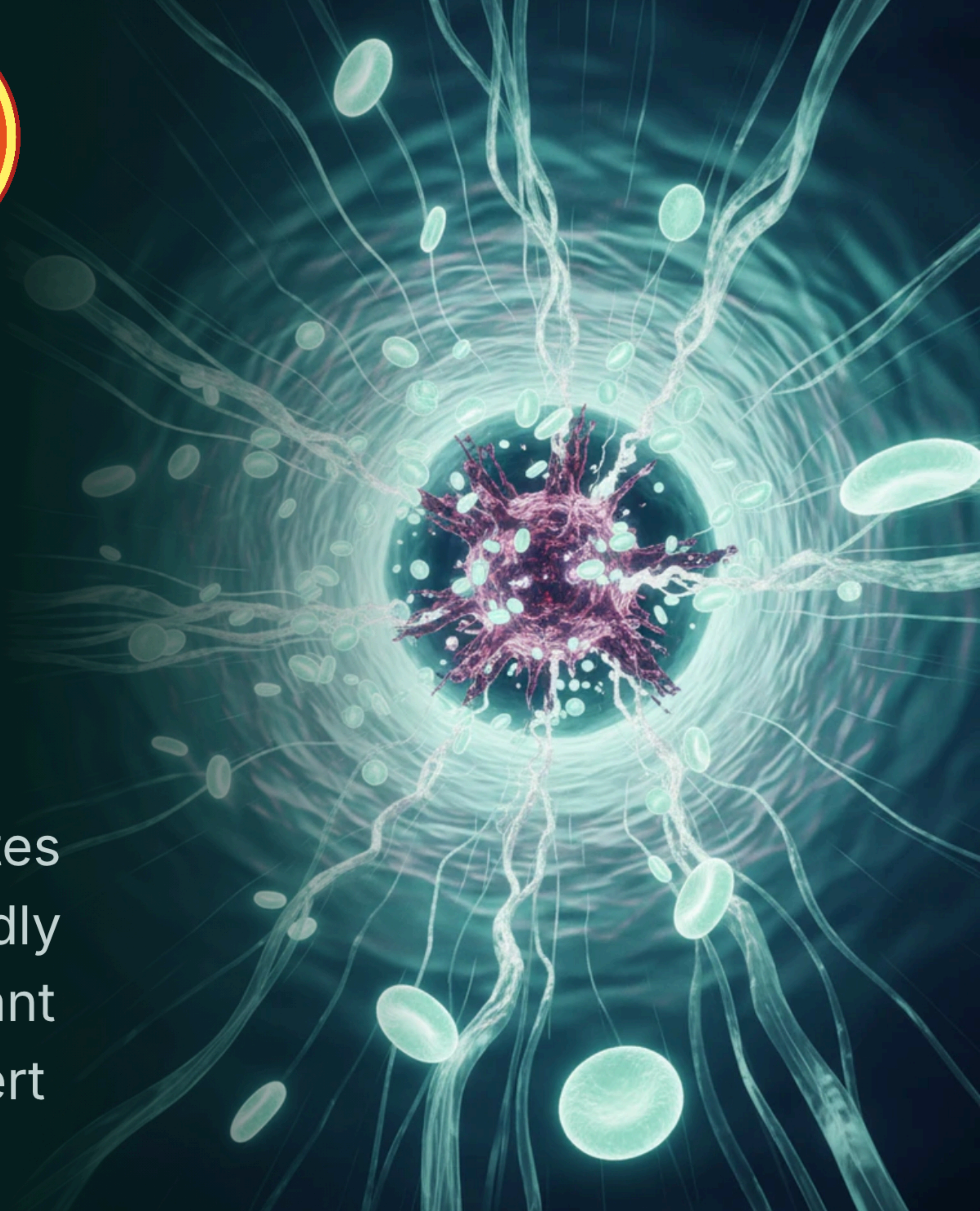
03



MOBILITY / IMMUNE TRAFFIC

Supports Immune Cell Traffic

Lymphatic vessels serve as express routes for white blood cells, carrying them rapidly to sites of infection or injury. This constant circulation keeps the immune system alert and ready to respond.





04



DEFENSE / ACTIVATION

Initiates Immune Responses

Within lymph nodes, immune cells recognize foreign invaders and sound the alarm, launching targeted attacks. This is where the body learns its enemies and builds a precise, lasting defense.

05

MAINTENANCE / CLEANUP



Clears Out Cellular Debris

As tissues renew, dead cells and metabolic waste accumulate. The lymphatic system continuously carries this debris away, supporting healthy tissue repair and preventing harmful inflammation.

The background of the slide features a detailed illustration of several intestinal villi. Each villus is a finger-like projection, colored in a light tan or beige. Inside each villus, a network of red, branching vessels is visible, representing the lacteals (specialized lymphatic vessels) responsible for absorbing dietary fats and fat-soluble vitamins. The villi are arranged in a slightly overlapping, vertical fashion, creating a sense of depth. The overall lighting is soft, highlighting the texture of the villi and the intricate network of the internal vessels.

06



NUTRITION / ABSORPTION

Absorbs Dietary Fats

Specialized lymphatic vessels called lacteals line the small intestine, absorbing dietary fats and fat-soluble vitamins. They transport these nutrients into the bloodstream to fuel and nourish the body.

07



DEFENSE / SURVEILLANCE

Helps Fight Cancer

The lymphatic system continuously screens fluid for abnormal cells. Immune cells detect and destroy potential cancer cells early, playing a key role in limiting tumor growth and spread.





08

HOMEOSTASIS / BALANCE



Maintains Fluid Balance

By returning filtered fluid to the bloodstream, the lymphatic system helps regulate tissue fluid levels. This supports stable blood volume and healthy cardiovascular function throughout the body.

09



HEALING / PROTECTION

Reduces Infection Risk After Injury

When tissue is injured, the lymphatic system rushes immune cells to the wound and drains harmful microbes away. This swift response speeds healing and lowers the risk of dangerous infection.





Keep Your Lymphatic System Healthy

- Stay hydrated to keep lymph fluid flowing freely.
- Move daily — walking, stretching, and exercise pump the lymph.
- Eat a nutrient-rich diet with plenty of fruits and vegetables.
- Practice deep breathing and manage stress.
- Maintain a healthy weight and avoid tight clothing.

