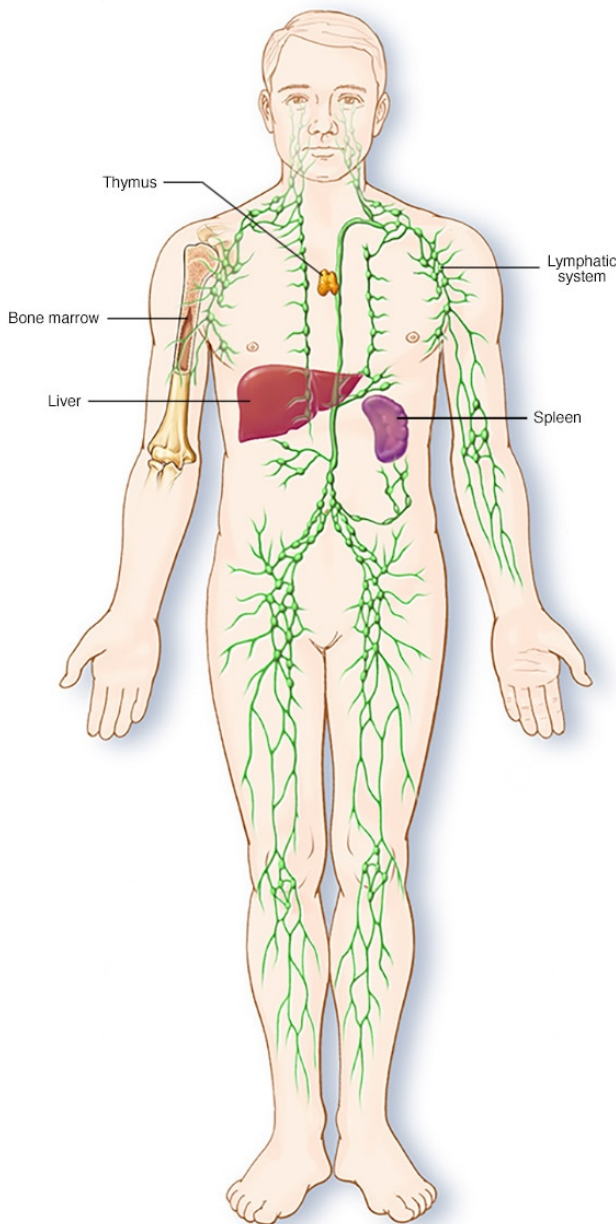


# The Lymphatic System

The lymphatic system is a network of tissues and organs that helps the body get rid of toxins and waste materials, while also aiding the immune system.



- Lymph is fluid that is transported throughout the body and contains white blood cells that help fight infection
- The **spleen** filters blood to control the amount of red blood cells circulating in the body, and also stores blood.
- The spleen creates white blood cells called lymphocytes
  - B cell lymphocytes produce antibodies, which mark foreign or harmful pathogens for destruction.
- The **liver** produces a large amount of lymph
- **Bone marrow** is where lymphocytes are produced
- The **thymus** is where T cells mature and differentiate
  - T cells help destroy infected or cancerous cells
- The lymphatic system also plays a role in the absorption of fats and fat-soluble nutrients

**FUN FACT:** Unlike how the heart pumps blood, nothing pumps lymph! The lymphatic system relies on movement, gravity, and pressure to help move fluid around.