

WHAT IS THE LYMPHATIC SYSTEM?



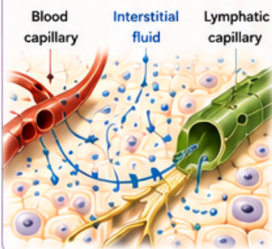
Lymphatic
Restoration
Therapy™

Nothing works in isolation;
everything works in combination.

A vital network that collects excess fluid, supports immunity,
and returns it to the bloodstream.

1 WHERE DOES LYMPH COME FROM?

Lymph begins when excess interstitial fluid, proteins, and waste leave the blood capillaries and enter lymphatic capillaries.



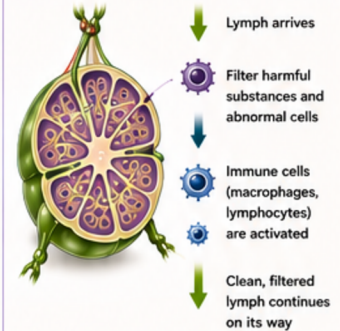
RIGHT LYMPHATIC DUCT

Drains the right side of the head, neck, right upper chest, and right arm.

THORACIC DUCT

Drains the entire body from the waist up—both sides, and all of the body below the waist.

4 WHAT DO LYMPH NODES DO?



IMMUNE DEFENSE

Lymph nodes are your body's security checkpoints.

2 HOW DOES LYMPH MOVE?



One-way valves keep lymph moving forward.



Muscle contractions and body movement pump lymph.

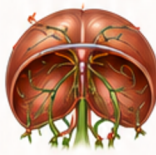


Breathing (diaphragm) creates a pressure change that helps lymph flow.



Lymph has NO central pump—YOU are the pump!

THE DIAPHRAGM: YOUR LYMPHATIC ALLY

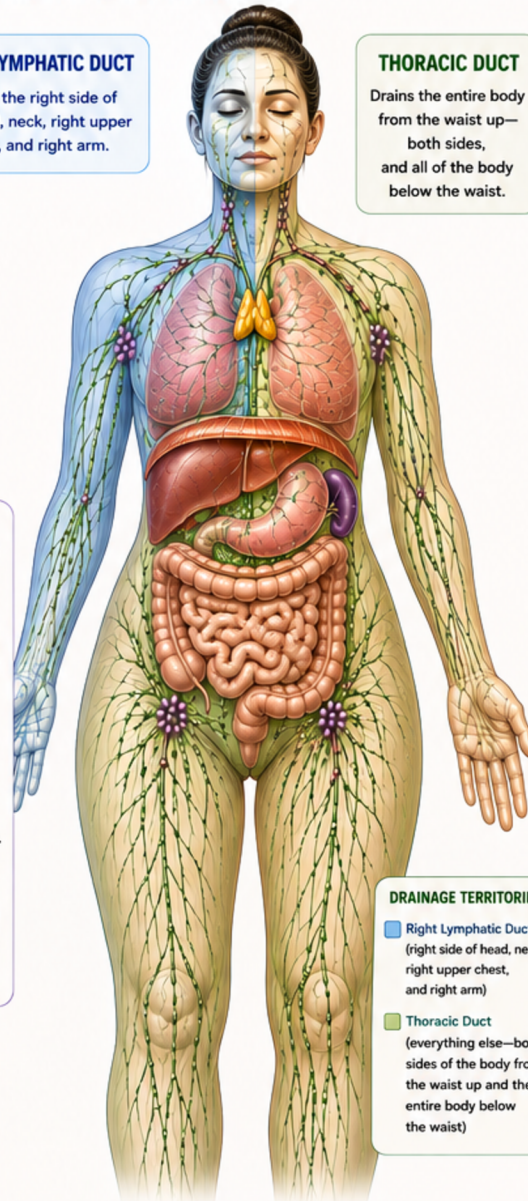


- ✓ Acts like a pump when you breathe.
- ✓ Opens and closes lymphatic pathways around the diaphragm.
- ✓ Helps drain abdominal organs and the cisterna chyli.
- ✓ Deep, diaphragmatic breathing = better lymph flow!

3 LYMPHATIC CAPILLARIES



- Tissue fluid (enters)
- Loose endothelial cells
- Anchoring filaments
- Larger molecules & cells enter



DRAINAGE TERRITORIES

- Right Lymphatic Duct (right side of head, neck, right upper chest, and right arm)
- Thoracic Duct (everything else—both sides of the body from the waist up and the entire body below the waist)

5 WHY IS THE LYMPHATIC SYSTEM IMPORTANT?



FLUID BALANCE

Returns excess fluid to the bloodstream (prevents swelling).



IMMUNE SURVEILLANCE

Detects pathogens and helps your body fight infection.

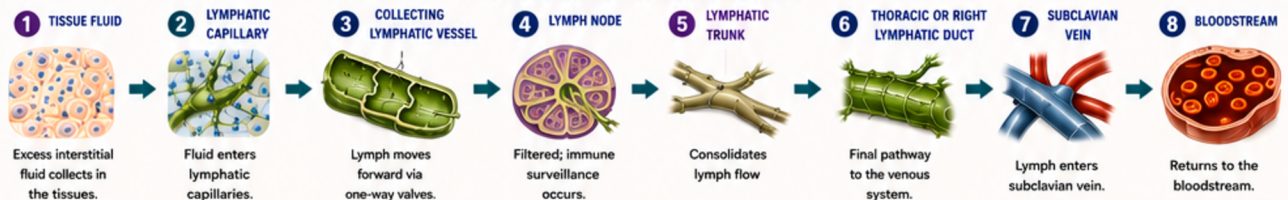


FAT ABSORPTION

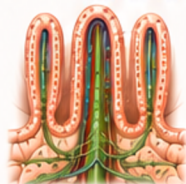
Intestinal lacteals absorb dietary fats and transport them via lymph.

**FLUID + IMMUNITY + FAT
= WHOLE BODY HEALTH**

THE JOURNEY OF FLUID RETURN



LACTEALS (INTESTINAL VILLI)



- ✓ Specialized lymphatic capillaries in the small intestine absorb dietary fats.
- ✓ Absorb and transport dietary fats (chyle).
- ✓ Fat is transported via lymph, not blood!

FAST FACTS



The lymphatic system returns excess interstitial fluid to the bloodstream every day.



Lymph passes through lymph nodes where immune surveillance occurs.



Diaphragmatic breathing is one of the most powerful ways to support lymph flow.



Movement, hydration, and manual lymphatic care keep the system flowing.

SUPPORT YOUR LYMPH!



Move your body daily



Breathe deeply



Stay hydrated



Eat whole, anti-inflammatory foods



Consider manual lymphatic care

Move it. Breathe it. Support it.

Your lymph works for you—help it thrive!



Lymphatic Restoration Therapy™