

Your lymphatic system is a group of organs, vessels and tissues that **protect you from infection and keep a healthy balance of fluids** throughout your body.

The lymphatic system's primary purpose is to maintain fluid balance in the body by collecting excess fluid (lymph) from tissues and returning it to the bloodstream, while also playing a crucial role in the immune system by filtering out harmful substances like bacteria, viruses, and abnormal cells through lymph nodes, which house white blood cells called lymphocytes that fight infection; it also helps absorb fats from the digestive tract.

The lymphatic system is an important part of the body's immune system. It also plays an important role in **maintaining healthy fluid levels in the body, removing cellular debris and harmful substances from the tissues, and helping the body absorb certain fats and other molecules.**