

# LYMPH

*Meaning: Lymph is a clear fluid that circulates through the lymphatic system, transporting white blood cells and helping to remove toxins and waste from body tissues.*

1. Lymph plays a crucial role in the body's immune system by transporting white blood cells.
2. The lymphatic system helps remove toxins and waste products from body tissues.
3. Swelling can occur when lymph fluid accumulates due to a blockage in the lymphatic vessels.
4. Doctors often examine lymph nodes to assess the spread of cancer in the body.
5. A healthy diet can support effective lymph circulation and overall immune function.

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