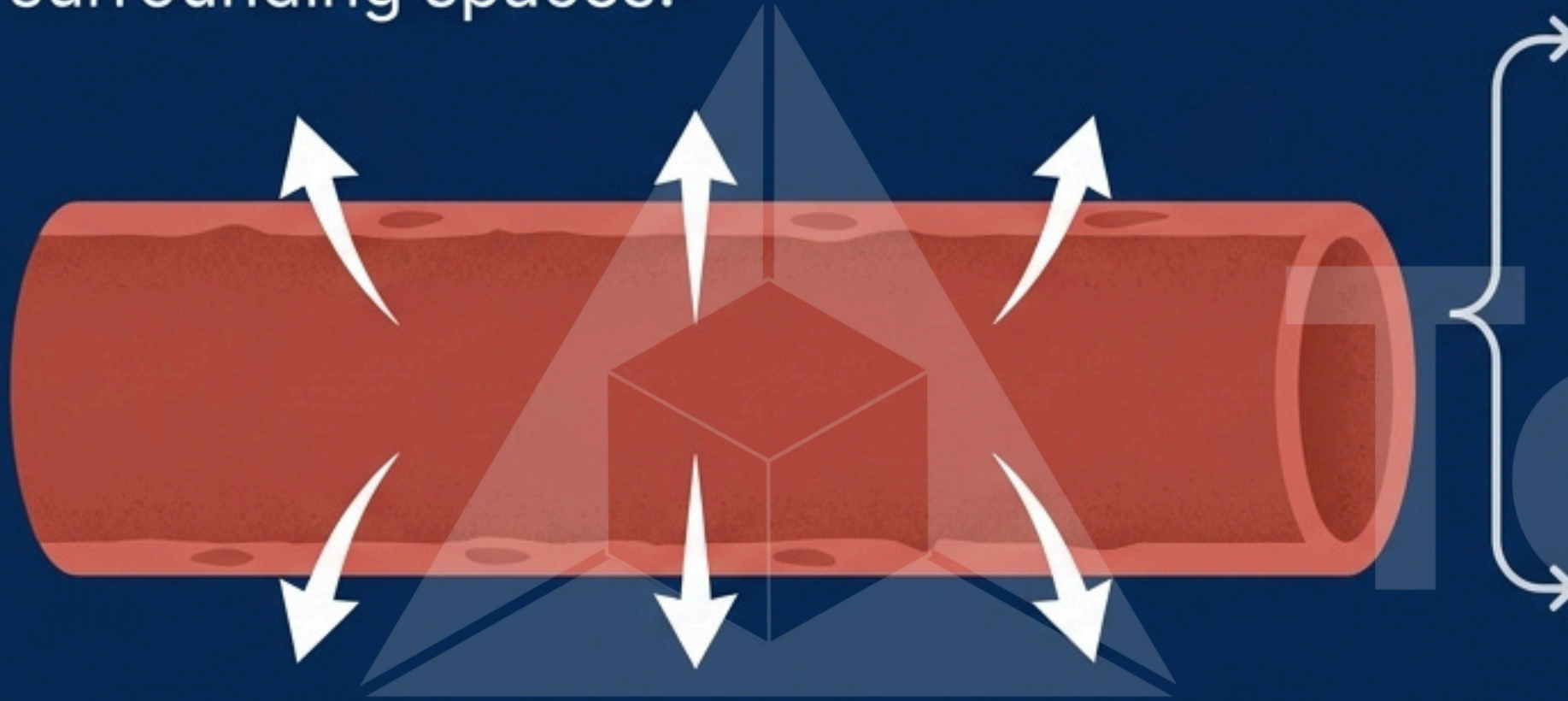


The Body's Second Transport Fluid

Understanding Lymph and Tissue Fluid

The Origin: Capillary Filtration

As blood passes through tissue capillaries, pressure forces fluid out into the surrounding spaces.



What Leaves

- Water
- Small water-soluble substances
- Minerals

What Stays Behind

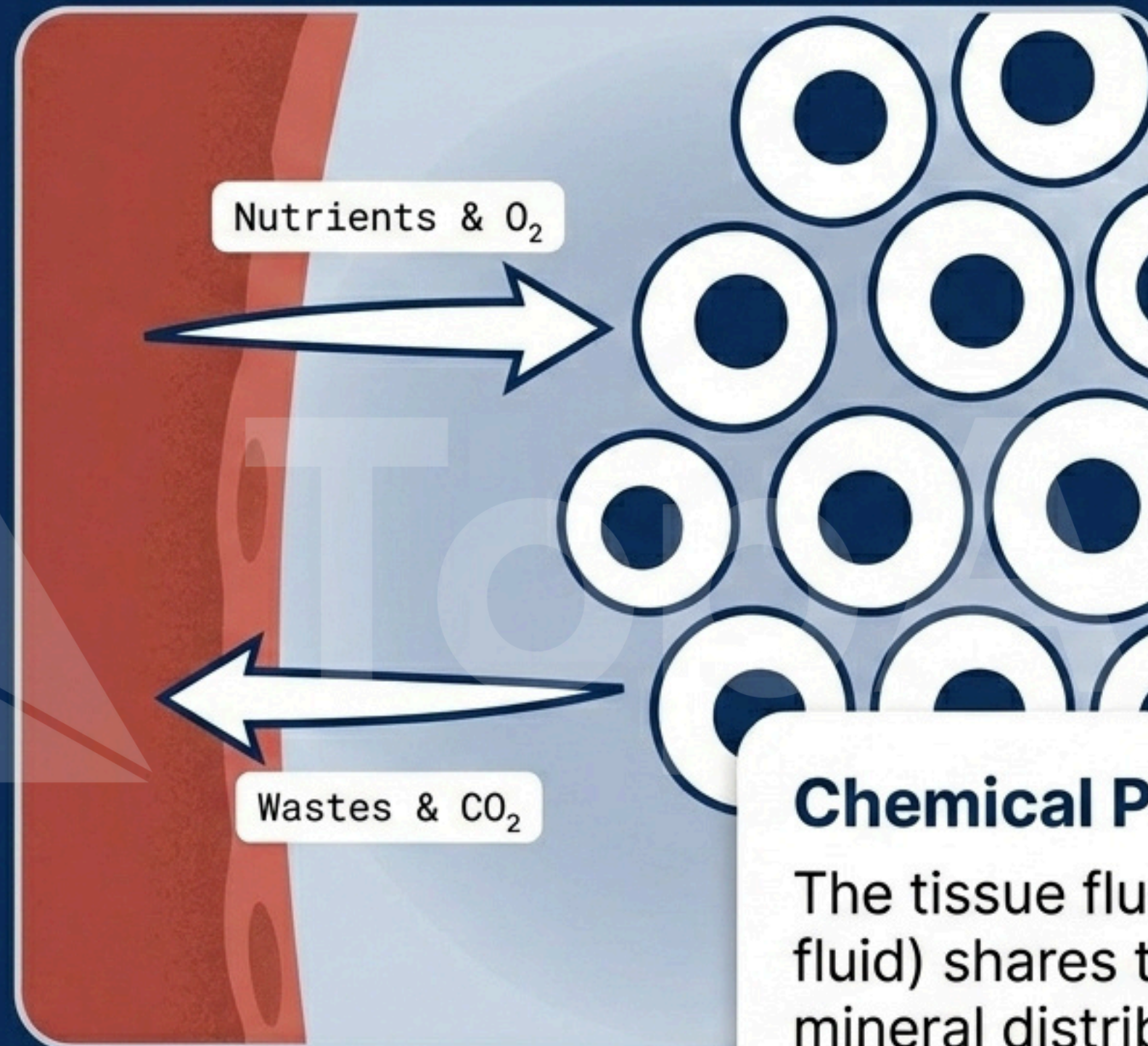
- Larger proteins
- Most formed elements (RBCs, platelets)

System Foundation: This selective leakage of fluid leaves the blood vessels to create the foundation for the body's secondary transport system.

The Interstitial Environment

The released fluid fills the spaces between cells.

Exchange of nutrients and gases between blood and cells always occurs through this vital middleman.



Chemical Profile:

The tissue fluid (interstitial fluid) shares the exact same mineral distribution as blood plasma.



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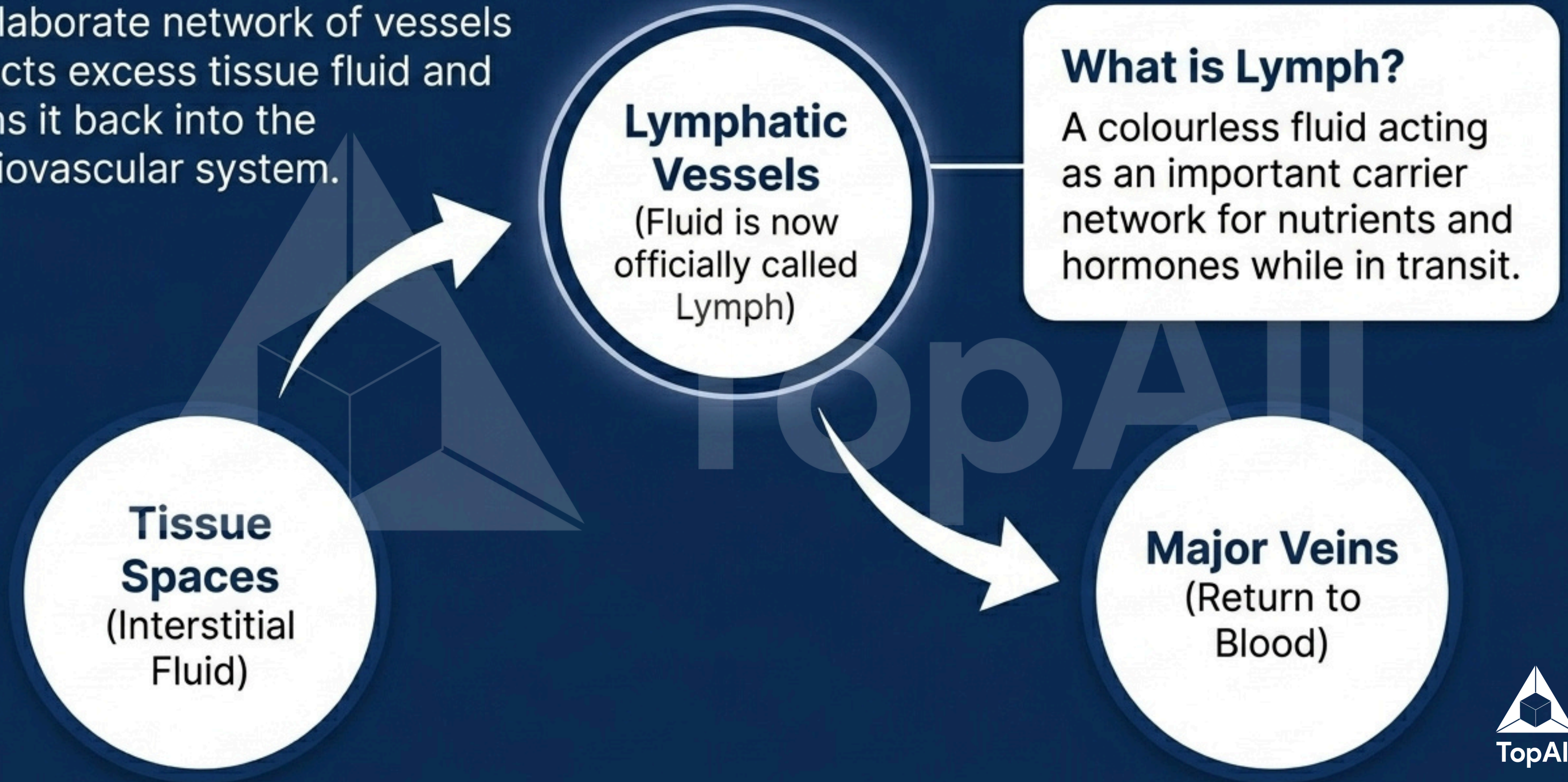
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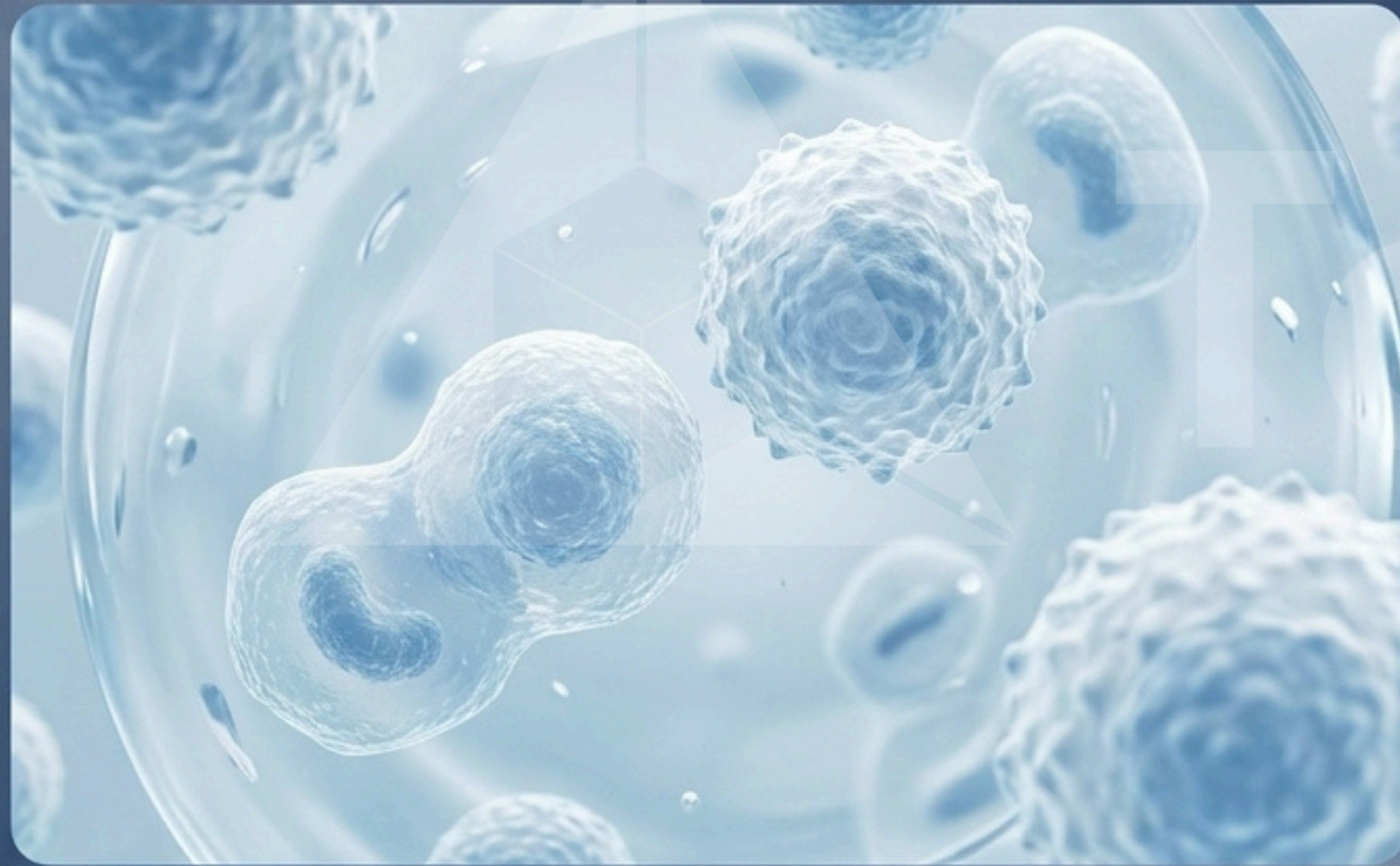
The Recovery System

An elaborate network of vessels collects excess tissue fluid and drains it back into the cardiovascular system.



The Defenders: Lymphocytes

Lymph is not just water; it is a critical patrol route and staging ground for the body's immune system.



Cell Types:

Contains highly specialized lymphocytes (B and T forms).

Core Function:

Directly responsible for initiating the body's immune responses.

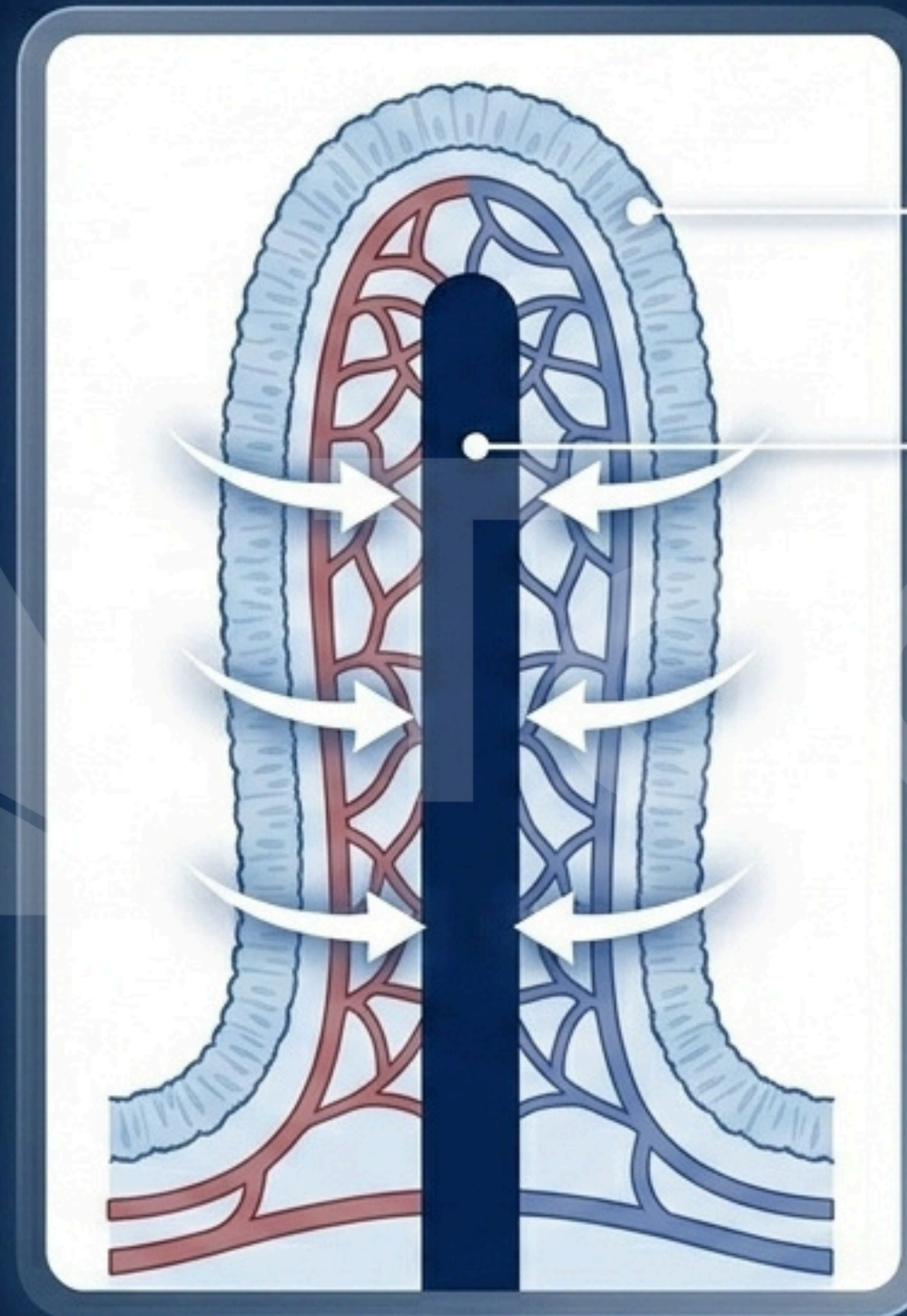
Defense:

Destroys foreign organisms and manages inflammatory reactions.

The Special Courier: Fat Transport



While most water-soluble nutrients enter the blood directly, dietary fats require a completely different transport pathway.



Intestinal Villi

Lacteal (Specialized Lymphatic Vessel)

Key Mechanism:

Fats are absorbed exclusively through lymph in the lacteals present inside the intestinal villi, acting as a special courier before joining the bloodstream.

Key Takeaway: The Three Pillars of Lymph



Fluid Balance

Drains excess interstitial tissue fluid and returns it to the major veins.

Immune Defense

Houses and transports specialized lymphocytes to initiate immune responses.

Nutrient Transport

Utilizes lacteals in the intestinal villi to absorb and transport dietary fats.

The lymphatic system works in perfect, continuous parallel with the cardiovascular system to maintain total body homeostasis.



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