

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

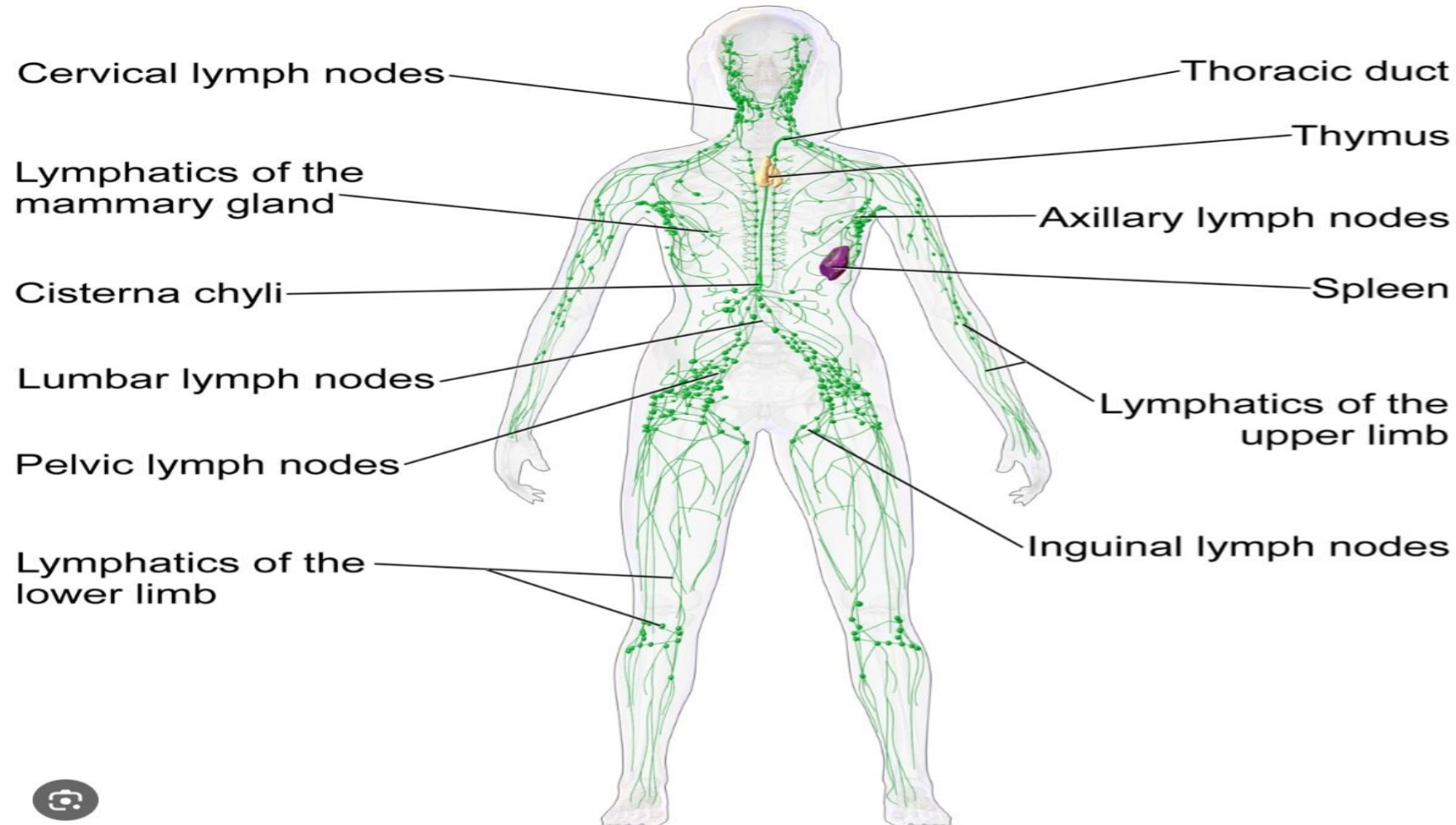
LYMPHATICS

The Defence

FUNCTION LYMPHATIC SYSTEM?

- ▶ Fluid Regulation
- ▶ Absorption of Fats and fat-soluble vitamins and transport to the liver and adipose tissue.
- ▶ Defence against invading microorganisms and diseases.

IT'S LOCATION



HOW TO KEEP YOUR SYSTEM HEALTHY

- ▶ Nutritional Diet Healthy Eating
- ▶ Adequate Water intake.
- ▶ Wear Loose Clothing
- ▶ Exercise
- ▶ Manual Lymphatic Drainage

For Advise, Treatment or Questions

Get in Touch

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