

The immune and lymphatic systems are essential for health.

## The Immune System

The immune system (Latin *immunis*, meaning untouched and pure) is known as the biological defense system of humans. It must always distinguish between beneficial and harmful invaders and is intended to ward off pathogens such as viruses, bacteria, fungi and parasites and also sort out the body's own cells that need to be broken down.

The intestine plays a major role in this, because 80% of the immune system is located in the intestines.

## The Lymphatic System

The lymphatic system is an important support for the immune system. It's not a single organ, but runs throughout the body as a network of lymphatic organs and lymphatic vessels (see attached diagram). It performs important transportation, excretion and detoxification tasks like a sewage treatment plant.

Thin lymphatic capillaries begin in the intercellular spaces throughout the body, absorbing waste products, toxins, deposits and fats and transport them to the kidneys for excretion. This cleanses the body water and enables an optimal metabolism.

## Support of the Detoxification Processes

Pure body water and optimal metabolism, are essential for health.

**We can effectively support the work of the immune and lymphatic systems:**

- Alkaline and vital nutrient-rich diet, rich in fresh fruits, vegetables, wild herbs and sprouts.
- Activation of the lymphatic system and metabolism by lots of exercise in fresh air, jumping on a trampoline, dry brushing, hot and cold showers, sweating in a sauna.

# The Lymphatic System

