

1. THE LYMPHATIC SYSTEM

- 1.1. The lymphatic system is a network of lymphatic vessels situated at various sites throughout the body. Lymph nodes filter the lymph to prevent infection from passing into the bloodstream and add lymphocytes, which are important in the body's immune system for the formation of antibodies and immunological reactions. The main sites of the lymph nodes are in the neck, armpits, breasts, abdomen, groin, pelvis and behind the knees.
- 1.2. On the front of the foot, in the webs between the toes are the reflexes for lymph drainage in the neck and chest region of the body. Lymph reflexes for the groin area are linked to the reproductive system and run across the top of the foot from the inner ankle bone to the outer ankle bone. These lymph reflexes also incorporate the six main meridians.

