

Name \_\_\_\_\_

## Cleaning Up the Body's Act: The Lymphatic System's Role in Waste Removal

### Short Answer

1. Explain the role of lymphatic vessels in waste removal, and how do they ensure the one-way flow of lymph?
2. Describe how the liver and kidneys contribute to waste removal in the body.
3. How does sweating assist in the elimination of waste products and toxins, and when does it typically occur?
4. What are some lifestyle choices that promote waste removal through the lymphatic system, and why are they important for overall health?
5. What are the potential consequences of lymphatic system dysfunction on a person's health and well-being?

