**Acquired immunity**
- specific
- memory
- rearranged receptors

**Innate immunity**
- unspecific
- no conventional memory
- germline-encoded receptors

- Healthy diet
- Probiotics
- Physical exercise
- Connection with nature

**Cells and Processes**
- T cells
- B cells
- NKT
- NK
- DCs, macrophages, monocytes, neutrophils, mast cells, eosinophils, basophils

- SLIT
- SIT