I Rakhat Rafailievich Akhmetvaleev have been proving my immunity for many years. Now my immunity is proven through the Internet. Thus, the activity of the immune system depends on a number of factors: Gastrointestinal tract health (hereinafter GIT). I eat 5 times a day. For 2 years, recovered by only 500 grams

Toxic load on the body. I live in Almetyevsk, the oil capital of Tatarstan. Due to the large amount of transport and our city is surrounded by mountains, the air quality is poor.

Stability of the nervous system. Since childhood, I do not work as a disabled person of 2 groups. I sleep 8 hours. Calm At home

cat lives, constantly stroking her

The quality of food. . Thanks to my mother, the quality of food is excellent. Mom is an old-age pensioner by profession a cook .. I eat milk porridge every day and drink 100% coffee every day. I eat or drink dairy products almost every day. I eat vegetables and fruits every day. I drink tea with lemon every day and squeeze lemon into tea and eat lemon.

I don’t go in for sports. All kinds of sports are contraindicated for me due to the second illness. The result of the analysis made in the Almetyev AIDS center of lymphocytes is 55%, with a norm of 11 to 37%. The result of the analysis of the outpatient clinic of PJSC Tatneft is 49%. In the 2nd immunogram, the local immunologist wrote lymphocytosis as a result of the activity of t-cells. Types of T-lymphocytes lymphocytes 52%

T-lymphocytes 2835 T-lymphocytes at a rate of 600-2500 absolute number., T-cell receptors are the main surface protein complexes of T-lymphocytes responsible for the recognition of processed antigens associated with molecules of the main histocompatibility complex (MHC, English Major Histocompatibility Complex (MHC)) on the surface of antigen-presenting cells [2]. The T cell receptor is linked to another polypeptide membrane complex, CD3. The functions of the CD3 complex include signaling into the cell, as well as stabilization of the T-cell receptor on the membrane surface. A T cell receptor can be associated with other surface proteins, its coreceptors. Depending on the coreceptor and the functions performed, two main types of T cells are distinguished.

T-helpers

1808 t-helpers at a rate of 450-850

Antigen-recognizing receptor complex of T-helpers

T-helpers (from the English. Helper - assistant) - T-lymphocytes, the main function of which is to strengthen the adaptive immune response. They activate T-killers, B-lymphocytes, monocytes, NK cells in direct contact, as well as humorally, releasing cytokines. The main sign of T-helpers is the presence of a CD4 coreceptor molecule on the cell surface. T-helpers recognize antigens by the interaction of their T-cell receptor with an antigen bound to the molecules of the main histocompatibility complex of class II (Eng. Major Histocompatibility Complex II (MHC-II)).

T-killers t-killers 945 at a rate of 270-540

Main article: Cytotoxic T lymphocytes

T-killers, cytotoxic T-lymphocytes, CTL (from the English killer “killer”) - T-lymphocytes, the main function of which is the destruction of damaged cells of their own body. T-killer targets are cells affected by intracellular parasites (which include viruses and some types of bacteria), tumor cells. T-killers are a major component of antiviral immunity. The main sign of T-killers is the presence of a CD8 coreceptor molecule on the cell surface. T-killers recognize antigens by the interaction of their T-cell receptor with an antigen associated with the molecules of the main histocompatibility complex class I (English Major Histocompatibility Complex I (MHC-I)).

T-helpers and T-killers form a group of effector T-lymphocytes directly responsible for the immune response. At the same time, there is another group of cells, regulatory T-lymphocytes, whose function is to regulate the activity of effector T-lymphocytes. By modulating the strength and duration of the immune response through the regulation of T-effector cell activity, regulatory T-cells maintain tolerance to the body's own antigens and prevent the development of autoimmune diseases. There are several suppression mechanisms: direct, with direct contact between cells, and distant, carried out at a distance - for example, through soluble cytokines.

T-killers, cytotoxic T-lymphocytes, CTL (English killer "killer") - a type of T-lymphocytes that performs the lysis of damaged cells of their own body. T-killer targets are cells affected by intracellular parasites (which include viruses and some types of bacteria), tumor cells. T-killers are a major component of antiviral immunity.

Can make medicine