the natural movements of the body such as walking, standing, and exercising aids this process, but correct massage more fully augments the working of the lymph system. based on positive findings of previous studies, select was designed to examine whether selenium, vitamin e or both could reduce the incidence of prostate cancer (i.e. they encourage the use of generics and other lower-cost medications. the dosing is based on research, not what some con man thinks is a good idea. as many as a million have biopsies each year, with about 240,000 prostate