

MARTHA STEWART

Living

60+ summer

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10

feel-good things

TO DO THIS MONTH

TEXT BY JENNIFER FUNG



PERK UP YOUR EARS There are 200 “acupoints” on the ears that correspond to 200 body parts or functions, says Jill Blakeway, clinical director of the YinOva Center in New York City. “When you stimulate them, they send an electrical impulse to the brain and then to the body parts.” For a quick pick-me-up when you’re feeling sluggish, massage your ears for a minute, and don’t be surprised if you feel a bit buzzed.

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