

## EMF Lulu – Newsletter 09/11/2025

Welcome back, Wellness Fans,

We're back with another info-packed issue designed to help you protect your health and home from the invisible forces of electromagnetic fields. This week, we're tackling some of the most overlooked - but critical - topics in EMF awareness. Whether you're new to EMF protection or already making changes, these insights can make a meaningful difference in your daily life.

Here's what's inside:

- [How to Identify and Manage EMF Sensitivity Symptoms](#)  
Noticing unexplained headaches, fatigue, or brain fog? You might be experiencing EMF sensitivity. This article walks you through how to spot the signs early and what practical steps you can take to reduce symptoms.
- [Are Pets Affected by EMF?](#)  
You're not the only one in your home exposed to EMF radiation. Our furry companions may be at risk too. Learn how EMF affects pets, what research is showing, and the simple adjustments you can make to keep them safe.
- [How to Detox EMF Radiation Naturally: Simple Remedies That Actually Work](#)  
Detox isn't just for diet - it can be part of your EMF defense. Discover natural remedies, from grounding practices to specific supplements, that help your body recover from EMF exposure.

Whether you're protecting yourself, your family, or even your pets, this issue brings together actionable steps that work in real life.

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### Quote of the Week

"An ounce of prevention is worth a pound of cure." - *Benjamin Franklin*

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### Articles of the Week

#### [How to Identify and Manage EMF Sensitivity Symptoms](#)

In today's electronic world, where technology is everywhere, electromagnetic fields (EMFs) are everywhere as well—from cell phones and Wi-Fi to microwaves and electrical appliances. With technology's ever increasing, rapid growth, many individuals are reporting sensitivity to EMFs, often referred to as Electromagnetic Hypersensitivity (EHS). While EHS is not yet officially recognized as a medical diagnosis, many people believe they experience symptoms linked to EMF exposure. In this article, let's dive into what EHS is, its common symptoms, how to identify them, and practical ways to manage EMF sensitivity in your daily life.

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## [Are Pets Affected by EMF?](#)

Hey, make no mistake about it, we live in a technology-driven world. Nowadays, our homes are filled with all sorts of different gadgets that emit electromagnetic fields (EMFs). These invisible forces are generated by everything from smartphones and Wi-Fi routers to microwaves and power lines. While the potential effects of EMF exposure on humans have been widely discussed, the topic of EMF and pets often flies under the radar. As a pet owner myself, I can't help but wonder - could these fields be affecting our furry companions as well?

In this article, we'll discuss the potential risks that EMFs pose to pets. We'll also explore a few practical ways to reduce your pet's exposure and support their health, and although studies on EMF and pets are still in a beginning stage, we'll take a good look at current scientific research that discuss this very topic.

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## [How to Detox EMF Radiation Naturally: Simple Remedies That Actually Work](#)

In today's digitally connected world, electromagnetic field (EMF) radiation is nearly impossible to avoid. From smartphones and laptops to Wi-Fi routers and smart appliances, we are constantly surrounded by low-level radiation. While many people are becoming aware of the potential health concerns, few know how to detox EMF radiation naturally. If you're concerned about long-term exposure and want actionable steps to protect your health, this guide offers practical and natural ways to support your body's resilience against EMF stress.

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Until next time, guard your health, enjoy your life.

J. Currano