

## EMF LuLu – Newsletter 12/04/2025

Welcome to this week's EMF LuLu Newsletter - your trusted resource for protecting your home and health in a modern, wireless world. This week, we're diving into three popular EMF solutions and separating fact from fiction so you can make informed decisions without going overboard.

Here's what's inside this edition:

- [\*\*The Best EMF-Blocking Phone Cases: Do They Really Work?\*\*](#) Explore whether these products truly reduce radiation or just offer peace of mind.
- [\*\*How to Use Faraday Fabric and Grounding in Your Home Without Going Extreme\*\*](#) Learn practical, balanced ways to apply shielding and grounding without turning your space into a bunker.
- [\*\*Using Salt Lamps as EMF Protection: What's Fact, What's Fiction?\*\*](#) We examine the claims and science behind this trendy "natural" solution.

Whether you're just starting your EMF protection journey or looking to refine your methods, these articles offer clarity, simplicity, and actionable insights.

Stay safe, stay savvy.

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### Quote of the Week

"Your health is an investment, not an expense." - *John Quelch*

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### Articles of the Week

#### [\*\*The Best EMF-Blocking Phone Cases: Do They Really Work?\*\*](#)

Electromagnetic radiation is one of those things you can't see, taste, or feel - but scientists and consumers are paying attention. Smartphones emit radiofrequency (RF) radiation and electromagnetic fields (EMFs) every time they're turned on, and with billions of people using them daily (and often carrying them in pockets or near vital organs), the question of how to protect yourself is more pressing than ever.

Enter EMF-blocking phone cases.

These cases claim to reduce your exposure to potentially harmful radiation from your device. But here's the million-dollar question: do emf blocking phone cases really work?

[Read More](#)

### [How to Use Faraday Fabric and Grounding in Your Home Without Going Extreme](#)

If you've ever wondered how to use Faraday fabric and grounding at home to strike a balance between safety and modern living, you're in the right place. The problem with most EMF protection advice is that it swings to extremes - either completely downplaying risks or promoting total shielding that turns your home into a science lab.

In this article, you'll learn exactly how to bring Faraday fabric and grounding techniques into your home without going overboard.

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### [Using Salt Lamps as EMF Protection: What's Fact, What's Fiction?](#)

With rising concerns about EMF exposure, many people are turning to natural remedies to try to counteract unseen radiation. Among the most popular of these remedies are Himalayan salt lamps, marketed as natural air purifiers that emit negative ions capable of neutralizing harmful EMFs. But do salt lamps protect against EMF?

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

J. Currano