

EMF LuLu – Newsletter 12/18/2025

Welcome to this week's EMFLuLu Newsletter, where we keep things simple, practical, and science-backed as we explore easy ways to reduce EMF exposure in everyday life. This edition focuses on three areas where small habits can make a meaningful difference - your car, your phone, and even the time you spend in nature.

[How to Reduce EMF Exposure Inside an Electric Car](#)

Electric cars can create a unique mix of magnetic and wireless fields. This article breaks down where the highest exposures occur and gives you clear, actionable steps to make your driving environment calmer and safer.

[How to Use Airplane Mode to Reduce EMF Exposure in Daily Life](#)

Your phone is one of the most constant EMF sources you carry. Learn how to strategically use Airplane Mode - not just when flying - to cut exposure during sleep, work, and family time without giving up convenience.

[Does Forest Bathing Reduce EMF Stress?](#)

Nature has a measurable grounding effect on the body. This article explores new science behind forest bathing and explains how time outdoors may help your nervous system recover from the stress of digital environments.

Whether you're commuting, unplugging, or reconnecting with nature, this week's articles give you simple tools to stay balanced, mindful, and protected.

Stay safe, stay EMF-smart.

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Quote of the Week

“The greatest enemy of a good plan is the dream of a perfect plan.” - *Carl von Clausewitz*

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Articles of the Week

[How to Reduce EMF Exposure Inside an Electric Car](#)

Electric vehicles and hybrid cars are reshaping the way we travel - cleaner emissions, incredible efficiency, and advanced technology packed into every trip. But with all of that innovation comes a question more and more drivers are now asking - how to reduce EMF exposure inside an electric car without sacrificing comfort or convenience. As EVs rely on high-voltage batteries, inverters, wireless systems, and dozens of smart sensors, the

interior of the vehicle becomes a unique environment where multiple forms of electromagnetic fields (EMFs) coexist.

This article takes a balanced, research-forward look at the EMF profile inside electric cars, why exposure levels may be higher than in traditional vehicles, and what you can realistically do to protect yourself and your family.

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[How to Use Airplane Mode to Reduce Emf Exposure in Daily Life](#)

Most of us carry a constant source of radiofrequency radiation within a few inches of our bodies - our smartphones. What many people don't realize is that the biggest contributor to personal EMF exposure often comes from our own devices, even when we're not actively using them. That's why learning how to use airplane mode to reduce EMF exposure in daily life has become one of the most effective, accessible strategies for lowering unnecessary radiation without sacrificing the convenience of modern technology.

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[Does Forest Bathing Reduce Emf Stress](#)

As modern life becomes increasingly dependent on phones, WiFi routers, smart home devices, and electric cars, more people are beginning to question how these technologies affect their bodies. One phrase you may have come across is EMF stress - the idea that constant exposure to artificial electromagnetic fields may overwhelm the nervous system, contribute to feelings of fatigue, affect sleep, or heighten anxiety in certain individuals. This growing concern leads many people to search for natural remedies, including an important question: does forest bathing reduce emf stress?

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

J. Currano