

EMF LuLu – Newsletter 01/01/2026

Happy New Year, and welcome to this week's edition of the EMF LuLu Newsletter. Our focus this week is a single, important question: how can you meaningfully reduce EMF stress - through physical habits, medical insight, and nutritional support - while avoiding fear-based or extreme approaches?

[Best Ways to Lower WiFi Router EMF Exposure Indoors](#)

WiFi is a necessity in modern homes, but placement and setup matter. This article walks through simple, effective steps you can take today to reduce unnecessary exposure while keeping your network fast and reliable.

[Is EMF Sensitivity Recognized by Doctors? What Science and Medicine Really Say](#)

EMF sensitivity is widely discussed - but where does mainstream medicine actually stand? We break down current medical perspectives, research findings, and why experiences can differ so widely from person to person.

[Best Supplements for Electromagnetic Hypersensitivity Symptoms](#)

For those who feel affected by EMF exposure, nutritional support may help. This guide explores supplements commonly used to support the nervous system, reduce oxidative stress, and promote balance - grounded in emerging science, not hype.

Whether you're adjusting your home setup, seeking medical clarity, or exploring natural support, this week's edition offers calm, informed guidance you can trust.

Stay informed. Stay balanced. Stay protected.

--

Quote of the Week

“He who has health has hope; and he who has hope has everything.” - *Thomas Carlyle*

--

Articles of the Week

[Best Ways to Lower WiFi Router EMF Exposure Indoors](#)

Wireless internet has become as essential to modern life as electricity or running water. From smart TVs and laptops to tablets, phones, and home security systems, nearly every device in our homes relies on a WiFi router quietly working in the background. While this convenience is undeniable, it has also sparked growing interest in understanding and reducing electromagnetic field (EMF) exposure inside the home.

[Read More](#)

[Is EMF Sensitivity Recognized by Doctors? What Science and Medicine Really Say](#)

In recent years, more people have begun questioning the invisible forces surrounding modern life - especially the constant presence of wireless technology. Smartphones, WiFi routers, Bluetooth devices, smart appliances, and cellular towers have become unavoidable, and for some individuals, this rise in exposure coincides with troubling physical symptoms. This leads many people to ask a very direct and personal question: is EMF sensitivity recognized by doctors?

For those experiencing headaches, fatigue, sleep disturbances, or unexplained discomfort they believe may be connected to electromagnetic fields (EMFs), the lack of clear medical answers can feel frustrating or even invalidating. This article takes a careful, evidence-based, and compassionate look at what mainstream medicine currently says about EMF sensitivity, why recognition is complicated, and how individuals can navigate this topic responsibly without fear or misinformation.

[Read More](#)

[Best Supplements for Electromagnetic Hypersensitivity Symptoms](#)

People who believe they are sensitive to electromagnetic fields (EMFs) often describe a wide range of frustrating and disruptive symptoms - including headaches, fatigue, sleep disturbances, anxiety, brain fog, and nervous system overstimulation. While the medical community does not formally recognize electromagnetic hypersensitivity (EHS) as a diagnosable condition, many individuals are still searching for practical ways to feel better. This has led to growing interest in lifestyle strategies and nutritional support, especially when conventional tests fail to provide clear answers.

[Read More](#)

--

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

J. Currano