

EMF LuLu – Newsletter 01/15/2026

Welcome to this week's EMF LuLu Newsletter, where we focus on everyday household devices that often fly under the radar when it comes to EMF exposure. These articles break down what's actually happening behind the scenes - and how to reduce unnecessary exposure without giving up modern convenience.

Here's what's inside this week:

- [Electric Toothbrushes & EMF Exposure](#) – Are they truly safe for daily use? Learn what kind of EMF they emit and simple habits that can reduce exposure without changing your routine.
- [The EMF Risks of Induction Cooktops](#) – Induction cooking is fast and efficient, but it also produces strong electromagnetic fields. This guide explains what matters most and how to use induction safely in your kitchen.
- [Baby Sound Machines & White Noise Devices](#) – Popular for improving infant sleep, but are they EMF-safe? Discover what parents should know and easy ways to create a safer nursery environment.

Small awareness leads to smarter choices. Let's make modern living healthier - one device at a time.

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Quote of the Week

“You don't have to see the whole staircase, just take the first step.” - *Martin Luther King Jr.*

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Articles of the Week

[EMF Exposure From Electric Toothbrushes: Are They Safe & How to Reduce It?](#)

Electric toothbrushes are a modern convenience - faster brushing, more consistent pressure, and better long-term dental outcomes. But as awareness of electromagnetic fields grows, many people wonder whether these toothbrushes produce significant EMF radiation and, more importantly, what you can do to limit exposure. If you've ever asked yourself how to reduce EMF exposure from electric toothbrushes, you're not alone. Electric motors, inductive charging bases, and Bluetooth-enabled features all generate small amounts of EMF that most people never think about.

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[The EMF Risks of Induction Cooktops](#)

Induction cooking has become one of the fastest-growing kitchen trends thanks to its speed, efficiency, and sleek design. But along with its popularity, a new question has taken center stage: how much EMF exposure comes from induction cooktops? This question is especially important for people who are EMF-sensitive, those who are expecting, families with young children, and anyone trying to make conscious choices about the technologies they bring into their home.

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[EMF Radiation From Baby Sound Machines: Are White Noise Devices Safe?](#)

Parents today are more aware than ever of the role electromagnetic fields (EMF) play in a child's environment. From WiFi routers to baby monitors to smart toys, a modern nursery is full of devices that quietly emit electric, magnetic, and radiofrequency (RF) fields. One device that is becoming increasingly common - and increasingly questioned - is the baby sound machine. Many parents now ask a very specific question: how much EMF exposure comes from baby sound machines? This is an important topic because most babies sleep within just a few feet of these devices for several hours every night. Understanding what these machines emit, how distance affects exposure, and how to make safer choices can help parents create a calmer, healthier sleeping environment.

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

J. Currano