

EMF LuLu – Newsletter 01/22/2026

Welcome to this week’s EMF LuLu Newsletter, where we focus on practical, science-based ways to reduce everyday EMF exposure—without fear or overcomplication.

This week’s articles explore three common, real-world scenarios many people ask about but rarely get clear answers on:

- **[Can EMF Exposure Cause Stress and Anxiety?](#)**

We break down what science, biology, and daily experience actually suggest—separating real physiological responses from speculation.

- **[How to Reduce EMF Exposure While Gaming](#)**

From consoles and controllers to headsets and WiFi, this guide shares realistic ways gamers can lower exposure without sacrificing performance.

- **[EMF Protection for Renters](#)**

No drilling, no wall damage—just safe, renter-friendly EMF solutions that help you create a healthier living space wherever you live.

Whether you’re managing stress, gaming at home, or renting your space, these articles offer clear, balanced guidance you can actually use.

Stay informed. Stay balanced.

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Quote of the Week

“Awareness is the greatest agent for change.” - *Eckhart Tolle*

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Articles of the Week

[Can EMF Exposure Cause Stress and Anxiety? What Science, Biology, and Daily Experience Suggest](#)

Stress and anxiety have become almost universal experiences in modern life. Many people attribute these feelings to work pressure, financial concerns, constant notifications, poor sleep, or a fast-paced lifestyle. But as technology becomes more embedded in our daily routines, a quieter question is starting to surface: can EMF exposure cause stress and anxiety, or at least contribute to how overwhelmed we feel?

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[How to Reduce EMF Exposure While Gaming: Consoles, Headsets, and Controllers](#)

Gaming has become a central part of modern entertainment. From immersive console experiences and competitive online matches to casual gaming sessions with friends, many people now spend several hours per week — or even per day — surrounded by gaming technology. Consoles, wireless controllers, Bluetooth headsets, and Wi-Fi connections all play a role in delivering smooth, responsive gameplay. At the same time, these technologies emit electromagnetic fields (EMFs), which has led many gamers and parents to ask an important question: how to reduce EMF exposure while gaming without giving up the enjoyment and convenience that modern gaming provides.

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[EMF Protection for Renters: Safe Solutions That Don't Damage Walls](#)

Renters often face a frustrating dilemma when it comes to health and home safety: you want to reduce unnecessary risks, but you're limited by lease rules that prohibit drilling, rewiring, or making permanent changes. This challenge becomes especially relevant when thinking about electromagnetic field exposure in apartments, condos, and rental homes. Many popular EMF-reduction methods are designed for homeowners, leaving renters wondering what's actually possible. The good news is that EMF protection for renters without drilling is not only possible, but practical, affordable, and effective when approached the right way. With portable solutions, thoughtful placement, and smart daily habits, renters can meaningfully reduce exposure without upsetting landlords or damaging walls.

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

J. Currano