

EMF LuLu – Newsletter 01/29/2026

Welcome to this week's EMF LuLu Newsletter. In this edition, we're taking a closer look at the everyday devices many of us use without a second thought - and what they really mean for your EMF exposure at home and at work.

From smart locks and standing desks to printers and routers, each article this week focuses on separating real risk from common assumptions, so you can make informed, practical choices without giving up modern convenience.

Here's what we're covering this week:

- [Z-Wave vs Zigbee vs WiFi Smart Locks](#) – Which smart home protocol actually emits more EMF, and what homeowners should prioritize for safety.
- [Standing Desks With Built-In Motors](#) – Do motorized desks create meaningful EMF exposure, or is the concern overblown?
- [Wireless Printers vs WiFi Routers](#) – Which one contributes more to your daily exposure, and how to reduce both.

Small adjustments, smarter setups, and clearer science - all in one place.

Stay balanced, stay protected.

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Quote of the Week

“What we know is a drop, what we don't know is an ocean.” - *Isaac Newton*

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Articles of the Week

[**Z-Wave vs Zigbee vs WiFi Smart Lock EMF Exposure: What Homeowners Actually Need to Know**](#)

Smart locks are quickly becoming a standard feature in modern homes. From fingerprint-enabled deadbolts to app-controlled locks that integrate with full smart-home ecosystems, convenience and security are obvious benefits. But as more homeowners adopt these devices, a quieter question keeps surfacing: *what about EMF exposure?*

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[**The EMF Risks of Standing Desks With Built-In Motors**](#)

Standing desks have become a staple of modern home offices. Marketed as a healthier alternative to prolonged sitting, electric standing desks promise improved posture, better circulation, and increased productivity. But as these desks become more technologically complex, many health-conscious users are starting to ask a new question: what about EMF exposure from electric standing desks?

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[EMF Exposure From Wireless Printers vs WiFi Routers: Are They Worse Than You Think?](#)

Wireless technology has quietly become a background feature of modern life. From routers tucked behind couches to smart devices scattered throughout the home, constant connectivity is now the default. When people think about electromagnetic fields (EMFs) in their homes, WiFi routers usually get most of the attention. However, a growing number of people are beginning to ask a more specific and often overlooked question: EMF exposure from wireless printers vs WiFi routers - which one actually matters more?

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

J. Currano