

## **EMF LuLu – Newsletter 02/26/2026**

Welcome to This Week's EMFLuLu Newsletter.

This week's focus is on one of the most common questions people have about EMF exposure: *How close is too close?*

Instead of vague warnings or extreme recommendations, this week's articles break down real-world exposure situations most families experience every day — carrying phones, sleeping near wireless signals, and using normal household appliances. The goal is simple: help you understand where meaningful exposure can occur, where it usually does not, and what small, practical adjustments can reduce unnecessary long-term exposure.

Whether you're trying to create a lower-EMF sleeping environment, understand how distance affects phone radiation exposure, or simply want realistic guidance on everyday kitchen appliance EMF levels, these articles focus on usable, science-informed lifestyle strategies — not fear, and not guesswork.

### **Inside This Week's Issue:**

[\*\*Is It Safe to Carry Your Phone in Your Pocket? EMF Exposure and Distance From Your Body Explained\*\*](#) – Learn how signal strength, body contact, and carrying position influence real-world exposure, plus simple habits that can reduce unnecessary close-range RF exposure.

[\*\*Best EMF Bed Canopy for Sleeping Near WiFi Router or Smart Meter \(Complete Guide\)\*\*](#) – A step-by-step look at when bed canopies make sense, what materials actually matter, and how to set them up correctly for real-world shielding performance.

[\*\*EMF Exposure From Refrigerators and Kitchen Appliances: What Distance Is Actually Safe?\*\*](#) – A practical breakdown of appliance EMF patterns, motor cycling behavior, and realistic distance guidelines for kitchens and small living spaces.

Stay balanced, stay protected.

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### **Quote of the Week**

“It's okay to doubt. That's how we learn what's actually true.” – Richard Feynman

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**EMF LuLu Calculators: Simple Tools, Smarter Decisions**

Understanding everyday EMF exposure doesn't require guesswork. The EMF LuLu calculators are designed to help you quickly assess common situations - like using a laptop on your lap, sitting near a WiFi router, holding your phone close to your body, or sleeping around connected devices - so you can see where small changes may reduce unnecessary exposure.

Each calculator keeps things simple by focusing on how close, how long, and where devices are used. The goal isn't to overthink technology, but to help you make practical adjustments that fit real life.

Try the calculators [here](#).

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### **Articles of the Week**

#### **[Is It Safe to Carry Your Phone in Your Pocket? EMF Exposure and Distance From Your Body Explained](#)**

Smartphones have become an extension of daily life. Many people carry their phones in a front pants pocket, jacket pocket, or close to their body for most of the day without thinking twice about it. As public awareness around electromagnetic fields (EMF) continues to grow, more people are asking a specific and practical question: is it safe to carry phone in pocket EMF exposure distance from body concerns. This question is not about fear or panic — it is about understanding how exposure works and whether small habit changes could make a meaningful difference.

#### **[Read More](#)**

#### **[Best EMF Bed Canopy for Sleeping Near WiFi Router or Smart Meter \(Complete Guide\)](#)**

If you live in a modern home, chances are you are sleeping within range of multiple wireless signals every night. Routers, smart meters, neighboring apartment networks, and Bluetooth devices create an environment where radiofrequency exposure is constant. For people trying to optimize their sleep environment, one solution that often comes up is the best EMF bed canopy for sleeping near WiFi router or smart meter situations where simply turning devices off is not possible.

#### **[Read More](#)**

#### **[EMF Exposure From Refrigerators and Kitchen Appliances: What Distance Is Actually Safe?](#)**

Modern kitchens are filled with appliances that run almost constantly. Refrigerators cycle on and off all day. Dishwashers, microwaves, and ovens generate electrical activity whenever they are used. As awareness around electromagnetic fields (EMF) grows, many homeowners are starting to wonder how close is too close to these devices - especially refrigerators, since they never fully shut off.

[Read More](#)

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

J. Currano