

EMF LuLu – Newsletter 03/05/2026

Welcome to This Week’s EMFLuLu Newsletter

Many EMF questions don’t come from cutting-edge technology - they come from everyday home layouts. Bedrooms built above electrical panels. Kitchen lighting installed inches from where we cook. Power strips sitting under desks and nightstands.

This week, we’re focusing on three common household scenarios that homeowners often overlook:

- [Is It Safe to Sleep Above a Garage Electrical Panel? EMF Exposure Risks and Protection Guide](#)
- [EMF Exposure From Under Cabinet Lighting in Kitchen: What Homeowners Should Know](#)
- [Do Power Strips Emit EMF Radiation? What You Should Know Before Buying a “Low EMF” Strip](#)

These aren’t dramatic situations - they’re normal parts of modern home design. But understanding how EMF fields behave around wiring, panels, and electrical devices can help you make small adjustments that may meaningfully reduce unnecessary exposure.

Stay balanced, stay protected.

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Quote of the Week

“The scientist is not a person who gives the right answers; he’s one who asks the right questions.” – Claude Lévi-Strauss

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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 Sleep Above a Garage Electrical Panel? EMF Exposure Risks and Protection Guide](#)

Many modern homes are designed with living space above garages, including bedrooms, offices, or guest rooms. Because electrical panels are commonly installed in garages, this layout raises an important question for homeowners who are becoming more aware of electromagnetic fields in their environment. One of the most frequently asked questions is: is it safe to sleep above a garage electrical panel emf exposure risk, and if so, how much exposure actually reaches the bedroom above.

[Read More](#)

[EMF Exposure From Under Cabinet Lighting in Kitchen: What Homeowners Should Know](#)

Under cabinet lighting has become a standard feature in modern kitchens. It provides focused illumination for food preparation, enhances visibility, and improves the overall appearance of the space. Because these lighting systems are installed directly above countertops - where people spend significant time preparing meals - many homeowners are beginning to ask whether these fixtures produce electromagnetic fields and whether that exposure matters.

[Read More](#)

[Do Power Strips Emit EMF Radiation? What You Should Know Before Buying a “Low EMF” Strip](#)

Power strips are in almost every home. They sit under desks, behind entertainment centers, beside beds, and in home offices powering computers, monitors, routers, and chargers. As awareness of electromagnetic fields (EMF) grows, many people begin to wonder: do power strips emit EMF radiation, and if they do, should we be concerned?

[Read More](#)

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

J. Currano

