

EMF LuLu – Newsletter 03/12/2026

Welcome to this week’s EMFLuLu newsletter

As technology evolves, so do the questions surrounding long-term EMF exposure. From electric vehicles and smart homes to concerns about immune resilience, modern life is increasingly powered by electricity and wireless connectivity.

This week, we’re exploring three important topics that many families are quietly wondering about:

- [EMF Radiation Levels in Electric Vehicles While Driving vs Charging](#)
- [Is EMF Exposure Safe During Pregnancy in Smart Homes? A Complete Guide for Modern Families](#)
- [Can EMF Exposure Weaken Your Immune System Over Time? What Research and Biology Suggest](#)

Each article takes a careful look at measurement data, biological mechanisms, and what current research actually shows — not assumptions, not headlines. Whether you drive an EV, live in a connected home, or simply want to understand how EMF exposure interacts with the human body over time, these guides are designed to give you clarity.

At EMFLuLu, we believe informed decisions are better than reactive ones. When you understand the science and the context, you can take practical steps that make sense for your home and your family.

Stay balanced, stay protected.

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Quote of the Week

“Science is the great antidote to the poison of enthusiasm and superstition.” – *Adam Smith*

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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

[EMF Radiation Levels in Electric Vehicles While Driving vs Charging: What EV Owners Should Know](#)

Electric vehicles have quickly moved from niche products to mainstream transportation. With quieter operation, fewer moving parts, and zero tailpipe emissions, EVs offer many advantages over traditional gasoline vehicles. However, because electric vehicles rely on high-voltage battery systems, electric motors, and charging equipment, many owners naturally wonder about electromagnetic field exposure. One of the most common questions is how EMF radiation levels in electric vehicles while driving vs charging compare, and whether either situation produces meaningful exposure differences.

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[Is EMF Exposure Safe During Pregnancy in Smart Homes? A Complete Guide for Modern Families](#)

Modern homes are increasingly filled with wireless technology designed to make everyday life easier and more efficient. Smart TVs stream content without cables, lighting systems respond to voice commands, thermostats adjust automatically, and WiFi networks connect everything seamlessly. While these conveniences offer clear benefits, many expecting mothers naturally ask an important question: Is EMF exposure safe during pregnancy in smart homes filled with wireless devices that operate continuously in the background?

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[Can EMF Exposure Weaken Your Immune System Over Time? What Research and Biology Suggest](#)

The immune system operates quietly in the background every second of the day, identifying threats, repairing damaged cells, and maintaining balance within the body. Most people associate immune health with nutrition, sleep, and exercise, but environmental factors also play an important role. One area of growing interest involves electromagnetic fields (EMFs), which are produced by phones, WiFi routers, smart devices, and household wiring.

As exposure to these technologies increases, many people are beginning to ask an important question: can EMF exposure weaken your immune system over time, or influence inflammation and recovery processes?

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

J. Currano