

## **EMF LuLu – Newsletter 03/19/2026**

Welcome to this week's EMFLuLu newsletter.

This week we're exploring how EMF exposure intersects with some of the most personal aspects of health - metabolism, sleep, and recovery.

As technology becomes more integrated into our daily routines - from the devices near our beds to the tools supporting medical treatment - it's natural to ask deeper questions about long-term exposure and whole-body health.

In this issue, we take a closer look at:

- [\*\*EMF and Weight Gain: Can EMF Exposure Affect Metabolism and Cause Weight Gain?\*\*](#)
- [\*\*Do EMF Protection Blankets Really Work for Radiation Protection?\*\*](#)
- [\*\*EMF Protection for Sleep Apnea Patients Using CPAP: What You Need to Know\*\*](#)

These articles break down what biology suggests, what current research shows, and where marketing claims may outpace evidence. Whether you're curious about metabolic health, considering EMF shielding products, or using a CPAP machine and wondering about nighttime exposure, our goal is simple: provide clear, practical, and evidence-based guidance.

Stay balanced, stay protected.

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### **Quote of the Week**

“The future depends on what you do today.” – *Mahatma Gandhi*

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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 and Weight Gain: Can EMF Exposure Affect Metabolism and Cause Weight Gain?](#)

Modern life surrounds us with invisible energy. Smartphones, WiFi routers, laptops, smart appliances, and power lines all emit electromagnetic fields (EMFs). While these technologies bring enormous convenience, they have also raised questions about how constant exposure may interact with the human body. One topic gaining attention is metabolism and weight regulation.

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### [Do EMF Protection Blankets Really Work for Radiation Protection?](#)

Wireless technology is now woven into nearly every part of daily life. Smartphones stay within arm's reach, laptops rest on laps for hours at a time, and WiFi routers transmit signals around the clock. As awareness grows around environmental exposures, more people are asking a practical and important question: do EMF protection blankets really work for radiation protection?

[Read More](#)

### [EMF Protection for Sleep Apnea Patients Using CPAP: What You Need to Know](#)

For millions of people, CPAP therapy is life-changing. Continuous Positive Airway Pressure (CPAP) machines help keep airways open during sleep, reducing snoring, improving oxygen levels, and lowering long-term cardiovascular risk. For those with moderate to severe sleep apnea, consistent nightly use is not optional - it is essential.

At the same time, CPAP machines are electrical devices that run just inches from the body for six to eight hours every night. That reality has led many health-conscious individuals to explore EMF protection for sleep apnea patients using CPAP machines. They want reassurance that they are improving their breathing without introducing unnecessary electrical exposure.

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

J. Currano