

EMF LuLu – Newsletter 04/02/2026

Hi All,

This week we're exploring how EMF exposure intersects with the devices we use closest to our bodies - from what we wear and carry to the materials we rely on for protection.

As modern convenience grows, many of these technologies quietly integrate into daily life. Bluetooth headphones, portable power banks, and EMF-blocking fabrics are all designed to improve comfort and functionality - but they also raise reasonable questions about EMF exposure, especially when used near the body or brain.

In this issue, we take a closer look at:

- [Do Bluetooth Headphones Emit EMF Radiation Near the Brain?](#)
- [Are Power Banks Safe to Carry in Your Pocket?](#)
- [Does EMF Blocking Fabric Actually Work? What Science and Real-World Testing Suggest](#)

Stay balanced, stay protected.

--

Quote of the Week

“Curiosity is the wick in the candle of learning.” – *William Arthur Ward*

--

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](#).

--

Articles of the Week

[Do Bluetooth Headphones Emit EMF Radiation Near the Brain?](#)

Bluetooth headphones have become one of the most common personal electronics used today. People wear them while commuting, exercising, working from home, and even sleeping. Because these devices sit directly on or inside the ears, many users naturally ask an important question: do bluetooth headphones emit EMF radiation near the brain?

[Read More](#)

[Are Power Banks Safe to Carry in Your Pocket?](#)

Portable electronics have become part of everyday life. Smartphones, wireless earbuds, smart watches, and tablets all depend on battery power, and many people rely on portable chargers - often called power banks - to keep devices running throughout the day. These compact battery packs can easily fit in a pocket, purse, or backpack, making them a convenient way to recharge a phone when an outlet is not nearby.

Because they are frequently carried close to the body, many people eventually begin to ask a reasonable question: are power banks safe to carry in your pocket for long periods of time? A portable charger contains a lithium battery and electronic circuitry, and in some cases it may also be connected to a phone while charging. That combination raises concerns about heat, battery safety, and possible electromagnetic field (EMF) exposure.

[Read More](#)

[Does EMF Blocking Fabric Actually Work? What Science and Real-World Testing Suggest](#)

Wireless technology is everywhere today. Smartphones, WiFi routers, Bluetooth devices, smart home gadgets, and laptops all rely on radiofrequency (RF) signals to communicate. As people become more aware of electromagnetic fields (EMF), many begin looking for ways to reduce exposure in their homes and daily routines. One solution that frequently appears in discussions about EMF protection is shielding fabric - textiles designed to block or reduce wireless radiation.

That leads to a common and important question: does EMF blocking fabric actually work, or is it mostly marketing?

[Read More](#)

--

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

J. Currano