

## EMF LuLu – Newsletter 04/16/2026

Hi All,

This week's issue focuses on a simple but important idea: reducing EMF exposure doesn't have to be complicated - or expensive.

Many concerns around EMF come from not knowing what actually matters and what steps are worth taking. From everyday devices like baby monitors to nighttime habits and simple changes around the home, small adjustments can go a long way in helping you feel more in control of your environment.

The goal isn't to eliminate technology - it's to use it more intentionally and reduce unnecessary exposure where it makes sense.

Inside this issue, we break down:

- [Do Baby Monitors Emit EMF Radiation Near Infants? What Parents Should Know](#)
- [How to Reduce EMF Exposure at Night Naturally \(Simple Free Routine That Works\)](#)
- [How to Reduce EMF Exposure Without Buying Anything \(Free and Practical Guide\)](#)

Stay balanced, stay protected.

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### Quote of the Week

“Almost everything will work again if you unplug it for a few minutes, including you.” – *Anne Lamott*

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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

### [Do Baby Monitors Emit EMF Radiation Near Infants? What Parents Should Know](#)

For many parents, baby monitors are one of the most reassuring tools in the home. They allow you to keep an eye - or ear - on your infant while they sleep, giving you peace of mind and a sense of control during those early months. At the same time, growing awareness around electromagnetic fields (EMF) has led many parents to ask an important question: *do baby monitors emit EMF radiation near infants*, and if so, should it be a concern?

#### [Read More](#)

### [How to Reduce EMF Exposure at Night Naturally \(Simple Free Routine That Works\)](#)

If you've ever wondered how to reduce EMF exposure at night naturally, you're not alone. Many people are becoming more aware of the invisible signals surrounding their homes, especially during sleep when the body is supposed to rest and recover. While EMF exposure is part of modern life, nighttime is unique because it represents several uninterrupted hours in the same environment, often with devices close to the body.

The good news is that reducing unnecessary exposure does not require expensive equipment or major lifestyle changes. In fact, some of the most effective strategies are simple habits that cost nothing and can be implemented immediately. By making a few small adjustments to your nightly routine, you can create a more relaxed and lower-exposure sleep environment without overcomplicating things.

#### [Read More](#)

### [How to Reduce EMF Exposure Without Buying Anything \(Free and Practical Guide\)](#)

In today's world, we are surrounded by devices that emit electromagnetic fields (EMF), from smartphones and laptops to WiFi routers and smart home systems. As awareness grows, so does concern about long-term exposure. The problem is that many solutions presented online involve expensive products, leaving people wondering if reducing EMF exposure requires a financial investment.

The good news is that learning how to reduce EMF exposure without buying anything is not only possible, but often surprisingly effective. In fact, many of the most impactful changes involve simple adjustments to how and where you use technology throughout your day. These changes cost nothing, require minimal effort, and can quickly become part of your routine.

#### [Read More](#)

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

J. Currano