

## EMF LuLu – Newsletter 05/07/2026

Hi All,

This week's issue focuses on a simple question many people have: are the small habits we rely on actually reducing EMF exposure - or just giving a false sense of control?

Features like airplane mode, turning off WiFi, or using your phone while charging are part of everyday life. But understanding what they *really* do (and don't do) is what helps you make smarter, more effective decisions.

Inside this issue, we break down:

- [Does Airplane Mode Reduce EMF Radiation Completely? \(What You Need to Know\)](#)
- [Should You Turn Off WiFi at Night? Pros and Cons Explained](#)
- [Is It Safe to Use Phone While Charging? What You Need to Know About EMF and Real Risks](#)

Stay balanced, stay protected.

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### Quote of the Week

“The first step toward change is awareness. The second step is acceptance.” – *Nathaniel Branden*

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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

## [Does Airplane Mode Reduce EMF Radiation Completely? \(What You Need to Know\)](#)

Most people have heard that turning on airplane mode is a quick way to reduce exposure from their phone. It sounds simple - flip a switch, and the radiation stops. But is that actually true? Many readers ask the same question: does airplane mode reduce EMF radiation completely, or is there still some level of exposure happening in the background?

[Read More](#)

## [Should You Turn Off WiFi at Night? Pros and Cons Explained](#)

In today's connected world, WiFi has become as essential as electricity. It powers our phones, laptops, smart TVs, and even home security systems. Most households leave their routers on 24/7 without a second thought. But as awareness of electromagnetic field (EMF) exposure grows, more people are starting to ask an important question: should you turn off wifi at night?

[Read More](#)

## [Is It Safe to Use Phone While Charging? What You Need to Know About EMF and Real Risks](#)

It's a habit almost everyone has - plugging in your phone at the end of the day and continuing to scroll, watch videos, or answer messages while it charges. At some point, you've probably paused and wondered, is it safe to use phone while charging, or could this common routine be doing more harm than you realize? With growing awareness around smartphone safety, battery health, and EMF exposure, this question has become more relevant than ever.

[Read More](#)

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

J. Currano