

EMF LuLu – Newsletter 05/28/2026

Hi All,

Welcome to this week's EMFLuLu newsletter — where we break down everyday EMF exposure in simple, practical terms. This week, we're focusing on how the way you use your phone may affect your overall exposure levels and what small changes may help reduce unnecessary EMF contact throughout the day.

Inside this issue:

- [Why Phone Signal Strength Affects EMF Exposure](#)
- [Does Streaming Video Increase EMF Radiation on Your Phone?](#)
- [Texting vs Calling EMF: Which Creates More Exposure?](#)

Stay balanced, stay protected.

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Quote of the Week

“It always seems impossible until it's done.” – *Nelson Mandela*

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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

[Why Phone Signal Strength Affects EMF Exposure](#)

Modern smartphones have become part of everyday life. People use them for work, entertainment, navigation, messaging, streaming, and social media throughout the day. Because phones stay close to the body for long periods, many people have become more curious about how these devices communicate with cell towers and whether signal strength changes EMF exposure levels. One topic that continues to attract attention is phone signal strength EMF and how weak reception may influence the amount of radiofrequency energy a phone emits while trying to stay connected.

[Read More](#)

Does Streaming Video Increase EMF Radiation on Your Phone?

Streaming video has become one of the most common activities people perform on their phones every single day. Whether someone is watching YouTube clips during lunch, streaming Netflix before bed, scrolling endlessly through TikTok videos, or watching live sports on a mobile device, phones are now constantly handling large amounts of wireless data. As people spend more time connected to streaming platforms, many are beginning to ask questions about streaming video EMF radiation and whether streaming activity changes how much radiofrequency energy a phone emits.

[Read More](#)

Texting vs Calling EMF: Which Creates More Exposure?

Smartphones have become part of everyday life. Most people carry them from the moment they wake up until they go to sleep at night. Phones are used for calls, texting, social media, navigation, streaming videos, checking email, and countless other daily tasks. Along with that convenience, more people have started asking questions about smartphone EMF exposure and whether certain habits create more exposure than others.

One of the most common questions people ask is whether texting is safer than calling when it comes to phone radiation exposure. The topic of texting vs calling EMF exposure has gained attention because many people now spend several hours per day interacting with their devices. Even small changes in phone habits may potentially reduce overall exposure throughout the day.

[Read More](#)

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

J. Currano

