EMF LuLu – Newsletter 06/11/2026

Hi All,

Summer is a great time to enjoy the outdoors, but it's also a season when many of us spend more time around devices and appliances that generate electromagnetic fields (EMF). In this week's newsletter, we're taking a closer look at some common household items and tools that often raise questions about EMF exposure.

This week's articles:

• **Do Air Conditioners Emit EMF? Understanding Air Conditioner EMF Radiation During Summer** – Learn how air conditioners produce EMF, what factors influence exposure levels, and practical ways to reduce your distance from common sources.

• **Ceiling Fan EMF: Is Sleeping Under One Safe?** – Explore the EMF produced by ceiling fans, how distance affects exposure, and what current evidence suggests about sleeping beneath a fan.

• **How EMF Meters Work (Without Technical Confusion)** – A simple, beginner-friendly guide to understanding EMF meters, what they measure, and how to use them effectively around your home.

Thank you for being part of the EMFLuLu community. We hope these articles help you better understand your environment and make informed decisions about EMF awareness.

Stay balanced, stay protected.

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Quote of the Week

“Prepare and prevent, don’t repair and repent.” – *Ezra Taft Benson*

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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 Air Conditioners Emit EMF? Understanding Air Conditioner EMF Radiation During Summer

Summer often brings soaring temperatures, longer daylight hours, and a major increase in household electricity use. Air conditioners begin running for extended periods of time, ceiling fans stay on throughout the day, and many homes rely heavily on cooling systems to remain comfortable. As interest in electromagnetic fields continues to grow, many people have started asking whether air conditioners contribute to EMF exposure inside the home.

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Ceiling Fan EMF: Is Sleeping Under One Safe?

Ceiling fans are one of the most common household appliances found in bedrooms across the world. Many people sleep with one running every night to stay cool, improve airflow, and reduce the need for air conditioning. At the same time, growing awareness about electromagnetic fields has caused some homeowners to wonder whether ceiling fan EMF exposure is something they should pay attention to. Questions about EMF from everyday appliances continue to increase, especially when those devices are located close to the body for long periods of time.

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How EMF Meters Work (Without Technical Confusion)

If you've ever searched online for information about electromagnetic fields, there's a good chance you've come across EMF meters. These handheld devices have become increasingly popular among people who want to better understand the invisible energy produced by electronics, wireless devices, home wiring, and modern technology. The problem is that many explanations quickly become overly scientific and difficult to follow. That's why this guide focuses on explaining how EMF meters work in plain English without confusing technical jargon.

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

J. Currano