

EMF LuLu – Newsletter 07/09/2026

Hi All,

Creating a healthier living space doesn't have to be complicated. This week's articles focus on practical ways to reduce everyday EMF exposure at home and while traveling, helping you make informed choices for your family and your environment.

- [How to Build an EMF Conscious Bedroom](#) – Learn practical steps to create a more restful sleep environment by reducing common sources of EMF exposure in your bedroom.
- [Creating an EMF-Safe Nursery: A Practical Guide for Parents](#) – Explore simple ideas for designing a nursery that minimizes unnecessary EMF exposure while keeping comfort and safety in mind.
- [EMF Exposure on Cruise Ships: What Travelers Should Know Before They Sail](#) – Discover where EMF sources are commonly found on cruise ships and practical tips to help you enjoy your vacation with greater peace of mind.

Stay balanced, stay protected.

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Quote of the Week

“Every day is a journey, and the journey itself is home.” – *Matsuo Bashō*

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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

[How to Build an EMF Conscious Bedroom](#)

For many people, the bedroom is a place to relax, recharge, and get quality sleep after a busy day. Yet modern bedrooms often contain more technology than ever before. Smartphones, tablets, smart speakers, wireless chargers, smart watches, Wi-Fi connections, and other electronics have become part of everyday life. While these devices offer convenience, some individuals prefer to reduce unnecessary electronic exposure in areas where they spend several uninterrupted hours every night.

Creating an EMF conscious bedroom does not require expensive renovations or a complete lifestyle overhaul. In most cases, it involves making thoughtful choices about device placement, wireless technology, and bedroom organization.

[Read More](#)

[Creating an EMF-Safe Nursery: A Practical Guide for Parents](#)

Preparing a nursery is one of the most exciting parts of welcoming a new baby. Parents carefully select a crib, choose calming colors, and look for products that support a comfortable sleeping environment. In recent years, many families have also become interested in reducing exposure to electromagnetic fields (EMFs) inside the home. As a result, creating an EMF-safe nursery has become an increasingly popular goal among parents who want to make thoughtful decisions about the environment where their child will spend many hours sleeping, growing, and developing.

[Read More](#)

[EMF Exposure on Cruise Ships: What Travelers Should Know Before They Sail](#)

Cruise vacations are often associated with relaxation, ocean views, entertainment, and the chance to disconnect from everyday life. Yet modern cruise ships are also highly connected floating cities packed with advanced technology. From onboard WiFi and satellite internet systems to navigation equipment and personal electronics, wireless communication plays an important role in the cruise experience.

[Read More](#)

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

J. Currano

