

EMF LuLu – Newsletter 07/16/2026

Hi All,

Whether you're at home, on the road, or enjoying the outdoors, there are simple ways to become more aware of your everyday EMF exposure. This week's articles explore a fun DIY project, smart home technology, and practical camping tips to help you make informed decisions wherever life takes you.

- [**DIY EMF Keychain: How to Make Your Own Custom EMF-Inspired Keychain**](#) – Learn how to create a personalized keychain using materials commonly associated with EMF-conscious lifestyles while adding your own creative touch.
- [**Smart Thermostat EMF Exposure: What Homeowners Should Know**](#) – Discover how smart thermostats communicate, what EMF they may produce, and practical ways to reduce unnecessary exposure without sacrificing convenience.
- [**EMF Exposure While Camping: Practical Ways to Reduce Radiation During Your Outdoor Adventures**](#) – Explore simple tips for minimizing EMF exposure while camping, from choosing campsites to managing electronic devices in the great outdoors.

Stay balanced, stay protected.

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Quote of the Week

“Happiness is not a matter of intensity but of balance, order, rhythm and harmony.” –
Thomas Merton

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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

[DIY EMF Keychain: How to Make Your Own Custom EMF-Inspired Keychain](#)

Many people enjoy creating handmade accessories because they are inexpensive, customizable, and rewarding to make. A homemade project also gives you the freedom to choose colors, materials, and styles that match your personality while creating something you can use every day. One project that has become increasingly popular among craft enthusiasts is the DIY EMF keychain. Whether you enjoy jewelry making or simply want a small weekend craft, making your own keychain can be both enjoyable and practical.

[Read More](#)

[Smart Thermostat EMF Exposure: What Homeowners Should Know](#)

Smart home technology has become part of everyday life for millions of homeowners. From voice assistants and connected lighting to security cameras and automated locks, many devices now communicate wirelessly to make homes more convenient and energy efficient. Among the most popular upgrades is the smart thermostat, which allows users to control heating and cooling from a smartphone, automatically adjust temperatures based on schedules, and even learn household routines over time.

As these devices become more common, questions about smart thermostat EMF exposure naturally arise. Because smart thermostats often use Wi-Fi or other wireless communication methods, some homeowners wonder whether they produce electromagnetic fields (EMFs) and, if so, whether those emissions should be a cause for concern.

[Read More](#)

[EMF Exposure While Camping: Practical Ways to Reduce Radiation During Your Outdoor Adventures](#)

Camping has long been one of the best ways to disconnect from the demands of everyday life. Fresh air, quiet surroundings, star-filled skies, and time spent in nature offer a welcome break from busy schedules and constant notifications. At the same time, camping has changed considerably over the past decade. Many campers now bring smartphones, GPS devices, smartwatches, portable power stations, Bluetooth speakers, and even mobile Wi-Fi hotspots to stay connected or simply make their trip more convenient. As a result, EMF

exposure while camping has become a topic of interest for people who want to enjoy modern technology while also being mindful of their surroundings.

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

J. Currano