

EMF LuLu – Newsletter 07/23/2026

Hi All,

Summer is full of adventures, busy schedules, and more time around technology. This week's articles share practical, easy-to-follow tips to help you make smarter choices and reduce unnecessary EMF exposure—whether you're traveling, preparing for school, or enjoying your favorite games.

This Week's Featured Articles:

- [Road Trip EMF Exposure: Practical Tips for Safer Summer Travel](#)
Learn simple ways to reduce EMF exposure while traveling by car, including device placement, navigation habits, charging tips, and family-friendly travel strategies.
- [Back-to-School EMF Tips: Practical Ways to Reduce Everyday EMF Exposure for Students](#)
Discover practical ideas for creating healthier school routines, from backpacks and laptops to classroom technology and after-school device use.
- [How to Build an EMF-Friendly Gaming Setup](#)
Find out how to enjoy gaming while making thoughtful adjustments to your gaming space with better equipment placement, wired accessories, and smart habits.

Thanks for being part of the EMFLuLu community. We hope these guides help you create a healthier, more balanced environment—at home and wherever life takes you.

Stay balanced, stay protected.

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Quote of the Week

“Believe you can and you're halfway there.” – *Theodore Roosevelt*

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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

[Road Trip EMF Exposure: Practical Tips for Safer Summer Travel](#)

Summer is the perfect time for family vacations, weekend getaways, camping adventures, and cross-country drives. Whether you're heading to a national park, relaxing at the beach, or visiting relatives, today's road trips often include plenty of technology. Smartphones provide navigation, passengers stream music and movies, Bluetooth keeps us connected hands-free, and many newer vehicles even offer built-in Wi-Fi hotspots. These conveniences make traveling easier than ever, but they also create questions for people interested in reducing unnecessary electromagnetic field (EMF) exposure.

[Read More](#)

[Back-to-School EMF Tips: Practical Ways to Reduce Everyday EMF Exposure for Students](#)

Back-to-school season is an exciting time filled with new teachers, fresh school supplies, updated schedules, and the anticipation of another year of learning. Today's classrooms, however, look very different from those of just a decade ago. Students of nearly every age regularly use laptops, tablets, smartphones, wireless headphones, smartboards, and school-wide Wi-Fi networks as part of their daily education. Technology has become an important learning tool, helping students research information, complete assignments, collaborate with classmates, and stay connected with teachers.

While these devices offer many educational advantages, many parents also wonder how they can encourage healthy technology habits without making school more complicated. Fortunately, reducing unnecessary electromagnetic field (EMF) exposure doesn't require eliminating electronics or avoiding modern classrooms. In many cases, small changes in how devices are used can make a meaningful difference while allowing students to enjoy all of the benefits technology provides.

[Read More](#)

[How to Build an EMF-Friendly Gaming Setup](#)

Gaming has become much more than an occasional hobby. For many people, it is a favorite way to relax after work, connect with friends online, or compete in organized tournaments. Whether you enjoy PC gaming, console gaming, racing simulators, or virtual reality experiences, chances are your gaming area contains several electronic devices operating at the same time. A powerful computer, multiple monitors, wireless accessories, smartphones, routers, and charging stations can all be part of a modern gaming station. If you've ever wondered how to create an EMF-friendly gaming setup, you're certainly not alone.

[Read More](#)

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

J. Currano