May update

If You Want To Have A Low EMF Laptop Do Not Watch Videos On It

You can buy laptops from NewEgg and support me this way. I especially recommend the Dell Latitude E6400 as seems that it really is a low EMF laptop (when you do not watch videos on it).

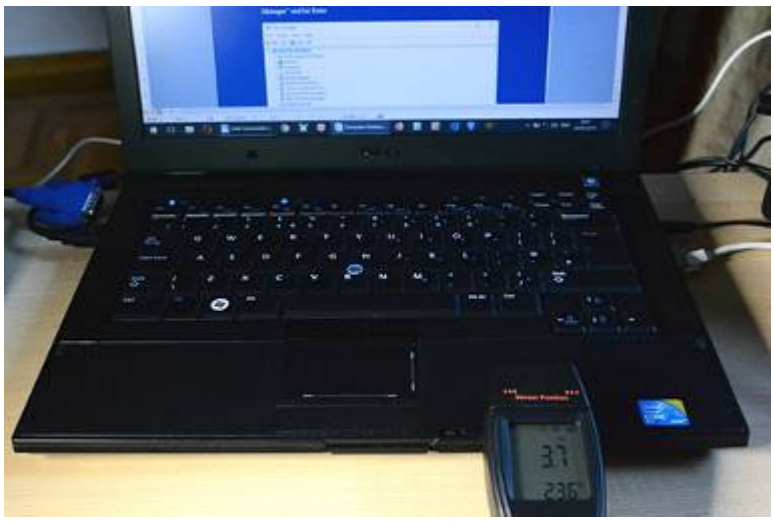
This laptop has an Intel dual-core processor, but despite this, it is very snappy with 4 GB of memory.

In short, if you watch a video on your laptop, you will get up to ten times EMF radiation compared if you just do office work.

And here is the proof with measurements. EMF meter used is Meterk EMF Tester MK08.

This is my test laptop the Dell E6400 doing nothing, I had a file managing program open, and the EMF tester shows just 1.8 mG.

And this is the same laptop playing an mp4 video downloaded from YouTube. As you can see, the EMF tester shows 18.5 mG, which is ten times higher.



I had here a Word document open that had a few pictures. The EMF meters shows now 3.7 mG.

And here I have started to play a video. The EMF readings immediately jumped to 6.7 mG, which is double compared to the previous reading.

Environmental Protection Agency recommends that you limit your exposure to 0.5 mG to 2.5 mG.

So as you see in the previous experiment, you can get up to 10 times the recommended exposure just watching a video on your laptop.

I use this laptop with a USB keyboard and stay about feet from it. I get something about 0.3 mG even if I watch a video.
Here is another laptop, the Lenovo 320S.

When the laptop does nothing, the EMF reading is about 2.5 mG in that place.

And if a video is played EMF readings are at about 4.8 mG.

EMF readings are slightly inconsistent. This inconsistency is probably due to the electromagnetic field nature, and I believe we should pay attention to the maximum readings.

Note that the readings from these laptops differ. It's because the EMF field's strength differs from EMF meter's location; the Lenovo also does not have a hard drive, but it has an SSD drive.

But despite that, I feel the Lenovo 320S has higher EMF overall.

Here is another laptop Dell Latitude E6420 I checked recently. It has an Intel i5 processor.

As you can see in this place, the EMF meter shows no readings. I suspect the EMF tester is not that sensitive.

But if we watch a video, we get again high readings of about 8.4 mG.

There is one place where EMF is especially strong.

When watching a video, it is about 36.9 mG.

When not watching a video, EHF strength drops to 17.7 mG.

How to Find a Low EMF Laptop Computer

Are you sensitive to EMF? Do you have symptoms that even your doctor can't believe? Well, you are not alone. I do not tolerate most desktop computers. Simply, I can't work in the same room where there are one or more desktop computers, regardless of what make they are. I can't properly explain what it is, but in the long run, I feel as if my brain is damaged. This affects my memory and causes pain in my stomach.

The laptop models I had and experienced some mild or severe symptoms are:

- Chromebook. This laptop probably has the lowest EMF emission. But it is with some caveats as the operating system is not mature enough, and I can't do things that are easy to do with a Windows laptop;
- Asus E403SA. This laptop is somewhat tolerable. Though, it has small storage.
- Dell Inspiron 1525. This laptop emits a lot of EMF.
- Toshiba C55. It depends what version of this laptop you can get. I had it with a Celeron Intel N2830 and had to return it, as it was underpowered. It is simply hard to use, even for web browsing, though the emission this laptop had seems to be one of the lowest.
- ASUS X453MA-WX462. This laptop seems to have low EMF, but it is also underpowered, and I had to return it.
- I had an Apple MacBook Pro, but it gave me symptoms like chest pain, and I sold it.

It seems that smaller laptops are lower EMF, and the further you stay from a laptop, the less EMF you get.

Here is a way I found to test the laptop for EMF. There are cheap AM/FM radios that seem to work well with detecting electromagnetic fields. I have one made by Indin.

Here is how to investigate the laptop. Set the radio to AM and tune it to 88. Now, slide it over all laptop surfaces and listen. There will be one or a few places where you hear more noise. If that sound is not so powerful, this means the laptop is low EMF. A comparison of two or more laptops will give a better picture of what is powerful EMF and what is mild EMF.

Usually, the radio will have louder noise where the processor sits and next to the screen or next to the laptop logo. I am not sure why there is so much EMF in these places. It looks like it is related to a screen cable.

The other place where there is substantial EMF is the laptop power adapter. And strangely, if you use the radio to see how much EMF it emits, the unplugged charger seems to emit more EMF as one plugged to the laptop.

In conclusion, my symptoms seem to correlate with what the AM/FM radio can measure. If the radio can pick up louder noise, I have severe symptoms from that laptop.
Smaller equipment seems to emit less EMF.

Ambient EMF also can affect what you are getting in your body. This is because interference between fields is produced by a few sources.