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“ZAP”: SUPER AUTISM, GROUNDING, AND WHY MODERN FLOORS ARE MAKING EVERYONE SICK

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Abstract

In a recent pain flare, the author (Axel) experienced burning hands, head-banging, screaming and autonomic chaos. After partial regulation via mindfulness audio, he produced a clear statement: **“It hurt me... it zap. Electricity.”** This is the second recorded use of the word “electricity” in his life, the first being “static electricity” two years earlier – an event that led to the introduction of grounding mats and partial symptom improvement.

This paper situates Axel's lived report (“zap”) within emerging biomedical literature on **grounding/earthing**, chronic inflammation, autonomic dysregulation and disconnection from the Earth's electromagnetic environment. Grounding research suggests that direct contact with the Earth's surface electrons can reduce inflammation, blood viscosity, pain, and normalize autonomic markers such as heart rate variability and cortisol rhythms. Other work indicates that natural electromagnetic fields (Schumann resonances, geomagnetic variations) influence circadian rhythms and downstream physiological functions, while man-made EMFs and shielding materials may disrupt this sensing. [ScienceDirect](#)

We propose a working model in which **modern flooring, synthetic shoes and high-EMF environments create a state of “electron deficiency” and autonomic aggravation**, to which Super Autistic nervous systems like Axel's respond with distress, language (e.g. “electricity”) and targeted environmental editing (e.g. destroying devices). We further suggest that dismissing these reports because the speaker is “not supposed to understand electricity” reflects epistemic ableism rather than science.

1. Introduction: Walking on Plastic, Asking Why You're Sick

Most humans now live in a strange experimental habitat:

- Feet insulated from the Earth by rubber, plastic and vinyl
- Bodies surrounded by Wi-Fi, routers, smart devices, LED lighting, and multiple overlapping fields
- Sleep occurring metres above conductive soil on foam, metal springs and synthetic carpets

Then they wander around on laminate thinking:

“Why am I exhausted, inflamed and unwell?”

“And why is this autistic guy talking about *electricity* like he can feel it?”

Modern lifestyle has largely severed direct electrical contact with the Earth. Grounding researchers argue that this disconnection may contribute to chronic inflammation and metabolic disease, framing Earth contact as a kind of “electronic nutrition” or “vitamin G.”

At the same time, people like Axel – with hyper-sensitive autonomic systems and limited speech – are reporting sensations such as “zap” and “electricity,” especially during severe pain states. Their accounts are typically dismissed as babble, coincidental or “learned language,” because they are not expected to grasp these concepts.

This paper takes the opposite stance:

Maybe he understands a lot more than what we give him credit for.

Maybe he **experiences it** in a way the rest of us can’t.

2. Case Note: “It hurt me... It zap. Electricity.”

On the day in question:

- Axel experienced a **severe pain flare** with red, burning hands, head-hitting and screaming.
- Mindfulness audio was used as a regulation tool; his body gradually de-escalated.
- Once he had enough bandwidth to speak, he reported:
 - “It hurt me.”
 - On questioning (“What hurt you?”): “**It zap – electricity.**”

Key contextual facts:

1. This is his **second** spontaneous use of “electricity”-related language. The first, ~2 years earlier, was “static electricity,” which prompted exploration of grounding mats, EMF load and autonomic tone.
2. His **health deterioration** in recent months coincided with the **removal of the grounding mat from his bed** during a period of high chaos. This was only noticed in hindsight.
3. He has a known pain condition with autonomic involvement (erythromelalgia-like features), meaning his nervous system is already operating near the edge of tolerable input.

From a purely behavioural lens, this is “interesting but anecdotal.”

From a systems lens, it is **n=1 data** pointing directly at the electrical environment as a trigger.

3. Grounding, Inflammation and the Autonomic Nervous System

A recent review in *Biomedical Journal* describes grounding (earthing) as **direct skin contact with the Earth’s surface**, allowing electrons to move into the body. The authors frame grounding as a potential “universal anti-inflammatory” intervention, citing studies where grounding:

- Reduced inflammatory markers and pain
- Improved sleep quality
- Normalised day-night cortisol rhythms
- Improved heart rate variability (HRV) and autonomic balance
- Reduced blood viscosity and red blood cell aggregation
- Lowered blood pressure in hypertensive patients
- Supported wound healing and recovery from trauma

A separate review on grounding and immune/inflammatory function similarly concludes that grounding appears to shift the autonomic nervous system toward parasympathetic dominance, improve HRV, reduce pain and stress, and speed healing – although most studies are small and more rigorous trials are needed. [Taylor & Francis Online](#)

Of particular note:

- Grounding in preterm infants improved vagal tone, suggesting even very immature autonomic systems respond measurably when reconnected to Earth.
- Earthing has been shown to dramatically reduce blood viscosity – a key factor in cardiovascular risk – in as little as two hours of contact.

These findings support the idea that **the body is not indifferent to its electrical reference frame**.

4. Disconnection by Design: Synthetic Shoes, Floors and EMF Noise

The same grounding review notes that from the mid-20th century onward, **leather-soled shoes were gradually replaced with nonconductive rubber and plastics; today ~95% of shoes are electrically insulating**. This timeline parallels a steep rise in diabetes prevalence, raising the possibility that loss of natural conductivity may contribute to metabolic and inflammatory disease, alongside diet and inactivity.

Another review in the same journal examines **influence of electromagnetic fields on circadian rhythm**, arguing that:

- Humans evolved within natural EMFs, including the global atmospheric electrical circuit, geomagnetic field and Schumann resonances.
- Circadian rhythms – which govern hormone release, immune function, temperature and sleep – can be modulated not only by light but also by Earth's EMFs.
- Disruptions in geomagnetic activity (e.g. sunspots, seasonal field weakening) are associated with spikes in infectious and chronic diseases.
- Factors such as **electromagnetic pollution from wireless devices**, base stations, satellites, and **shielding by non-conductive building materials and shoes** may impair the body's ability to sense natural EMFs and destabilise circadian regulation.

[ScienceDirect](#)

Meanwhile, a systematic review of man-made EMFs and heart rate variability found that several studies reported **reductions in HRV metrics** under EMF exposure, suggesting possible autonomic stress or reduced adaptability, although results across studies are mixed and not always consistent. [Brill+1](#)

In short:

- Natural EMFs and Earth contact: likely play a role in circadian and autonomic regulation. [ScienceDirect+1](#)

- Synthetic materials and artificial EMFs: plausibly add noise and block useful signals in at least some people.
- The evidence is suggestive, early, and contested – but **not imaginary**.

Mainstream commentators remain skeptical; a recent critique describes grounding as a wellness trend with unclear mechanisms and limited high-quality evidence, suggesting nature exposure itself may explain many benefits. [The Guardian](#) That skepticism is important. It is also entirely consistent with saying: **we have not yet taken people like Axel seriously.**

5. Super Autism as an Electrical Early-Warning System

From here, the Journal of Neurotypical Studies proposes the following working model:

1. **Modern humans are electrically de-tuned.**
 - Insulating shoes, synthetic floors and elevated living reduce direct contact with Earth's electrons.
 - Wireless technologies overlay natural EMFs with artificial fields and pulses. [ScienceDirect+1](#)
2. This contributes to **chronic, low-grade inflammation and autonomic dysregulation**, particularly in vulnerable people:
 - Grounding studies show improvements in HRV, cortisol, blood viscosity and inflammation markers.
 - EMF exposure studies show possible HRV reductions and stress responses. [Brill+1](#)
3. **Super Autistic nervous systems** – like Axel's – are running at higher sensory resolution and lower tolerance for noise.
 - When surrounded by buzzing devices, synthetic surfaces and EMF clutter, especially during pain or flare states, they experience something we might label "zap."
 - They may not have access to abstract physics vocabulary, but they may have **direct phenomenological access** to electrical phenomena.
4. When we ignore or deny this, they do the only rational thing left:

- They remove the offending devices from existence.
 - We call it “property damage.”
 - The Journal calls it **environmental triage**.
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6. “He Isn’t Supposed to Understand Electricity”

The most revealing part of this case is not the word “electricity.”
It is the reaction it provokes.

When a non-speaking autistic man in agony says,

“It hurt me... it zap. Electricity,”

the neurotypical reflex is often:

- “He must have picked that word up somewhere.”
- “He can’t really understand what it means.”
- “This can’t tell us anything about physiology.”

In other words:

**If my model of his cognition can’t explain his data,
I will discard the data, not the model.**

This is epistemic ableism disguised as skepticism.

Nobody objects when an economist, sitting indoors under fluorescent lights, claims to understand the entire national budget based on a spreadsheet and a graph. But when a highly sensitive autistic person – whose nervous system is visibly reacting – names “electricity” as a source of harm, we suddenly demand randomized controlled trials before believing him.

The literature says:

- The body is electrically active and responsive to EMFs and grounding.
- Autonomic tone and inflammation can shift measurably with Earth contact. [Taylor & Francis Online+1](#)

Axel says:

- “Zap. It hurt me.”

These are not opposing statements.

They are overlapping datasets, collected at different resolutions.

7. Implications: Chronic Illness, Flooring, and the Zap Test

If even a fraction of the grounding literature holds up under larger, stricter trials, then humans have done something very on-brand:

1. We left the evolutionary context that kept our inflammation and autonomic tone quietly buffered:
 - Bare feet on soil, stone, sand
 - Sleeping close to the ground
 - Immersion in natural EMFs and rhythms
2. We replaced it with:
 - Vinyl, concrete, laminate, synthetic carpets
 - Cushioned rubber shoes
 - Indoor lives, high EMF exposure, low movement

3. We then declared:

“Chronic illness is a mystery.”

4. And when someone whose nervous system is more finely tuned than ours stands on that new surface and screams:

“ZAP. ELECTRICITY. IT HURT,”
we call it a **behaviour problem**.

From a Super Autism standpoint, Axel is not behind.
He is **the one who noticed the experiment is going badly**.

8. Conclusion: Re-Grounding the Body, Re-Crediting the Messenger

This paper does **not** claim:

- That grounding is a magic cure for chronic illness
- That EMFs are the sole cause of pain, autism, or anything else
- That one man's experience proves a universal theory

It does propose:

1. **The body is electrically and electromagnetically sensitive**, and this is not controversial biology. [ScienceDirect+1](#)
2. Modern lifestyles have dramatically altered our electrical relationship with the Earth.
3. Grounding appears, in early research, to modulate inflammation and autonomic function in ways that could plausibly matter for chronic illness. [Taylor & Francis Online+1](#)
4. Super Autistic individuals like Axel may be **early-warning systems** for this mismatch, perceiving electrical and autonomic distress long before neurotypicals register anything but “tired and inflamed again.”
5. Dismissing their precise language as cognitively impossible tells us more about our prejudice than about their capacity.

If the chronic illness epidemic has an electrical component, history will show that **a non-speaking autistic man, screaming “zap,”** was one of the first to point at the floor and tell us:

“The problem is not just inside me.
It's under your feet.”

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