

H-Activator + Pilates

A marriage made in Heaven

*It's pretty cool
(Pelvic Floor)*

*It's actually quite
incredible (Crohn's)*

*I enjoy food again
(Crohn's)*

*The pain has
gone (Crohn's)*

*The tightness
has melted away
(Lower Back)*

*Tried everything
since 2020 – was
instant relief*

SUPRAMAXIMAL CONTRACTIONS

The stimulation is intense enough to create "SUPRAMAXIMAL" muscle contractions, which are used to treat muscle atrophy and strengthen PELVIC FLOOR muscles.

DEEP STIMULATION

HEIT can effect deep musculature (up to 10 cm deep) not easily reached by traditional surface stimulation.

RAPID and SUPERIOR

For rapid, direct neuromuscular activation and immediate ATP production, HEIT electrotherapy is SUPERIOR

COMBINATION APPROACH

Studies suggest that combining HEIT electrotherapy with exercise, provides superior results in both pain relief and functional improvement. Compared to either one alone.

TRIAL RESULTS

T-Boned by truck
at 80kms per hour

Crohn's disease/
Instant

Fecal Incontinence/
50% improvement

Mens Health/
Hidden benefits

FREE
use of the
Compact II and H-Activator,
for the 1st to qualify



For a private lecture
and experience of the
Compact II and H-Activator
phone 0423 113 713

For evening lecture at the
FOCUS26 APA Conference,
Cairns, 2026 phone
0416 178 012

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TESTIMONIAL

T-BONED BY TRUCK TRAVELLING AT 80 KPH

In 2020 I had a bad car accident where I was T boned by a truck at 80 km an hour and had to be cut out of the vehicle and flown to the Royal Adelaide Hospital. This left me in extreme pain ever since.

I tried acupuncture, massage, chiropractic physiotherapy but could not get any relief. I was in constant pain that gave me a very heavy feeling.

My back felt like it was on fire. One session of DMT (Decompression Mobilization Therapy) made that fire sensation in my spine disappear it was incredible!

After just one session with the Enraf HEIT, high energy induction therapy my muscles activated and I felt pain free and lighter.

I also had pain in my elbows and forearms from a work injury, which has also dramatically reduced from the Enraf Compact II (HEIT).

Name upon request McLaren Flat, SA



The Enraf - Nonius Compact II

induces 2 critical factors

1. Membrane potential
2. Muscle contractions from slow to rapid with no need for adhesive pads.
(e.g. administered through clothing)

THE IMPORTANCE OF MEMBRANE POTENTIAL

Membrane potential—the electrical charge difference across a cell membrane—is fundamental to health because it acts as a "charged battery" that powers essential cellular functions, including signaling, contraction, and structural remodeling. It is critical for muscle, nerve, and bone health because it controls excitability in nerves and muscles, drives calcium signaling needed for muscle contraction, and regulates bone remodeling in response to mechanical loading. (PubMed Central (PMC) (.gov))

1. Importance for Nerve Health (Communication)

Action Potentials: Neurons use membrane potential to fire action potentials (nerve impulses). A stable resting potential (around -70 mV) allows a neuron to fire when stimulated, sending signals along the axon.

Signaling: When a nerve impulse arrives at a synapse, the change in membrane potential triggers the release of neurotransmitters, allowing communication between nerve cells and target tissues.

Myelination & Speed: Myelinated nerves utilize nodes of Ranvier (gaps in insulation) to rapidly propagate signals.

Disrupting the membrane potential in these areas (e.g., in demyelinating diseases) drastically slows communication.

National Institutes of Health (.gov)

2. Importance for Muscle Health (Contractions)

Excitation-Contraction Coupling: Muscle fibers are excitable cells that maintain a resting potential (around -80 to -90 mV). An action potential triggers a rapid depolarization of the muscle membrane, leading to calcium release inside the muscle cell.

Muscle Shortening: The released calcium binds to contractile proteins (actin/myosin), causing them to slide past each other and resulting in muscle contraction.

Muscle Stability: Healthy muscle fibers maintain a stable resting potential. If this potential is disrupted, it can cause paralysis or spontaneous, painful twitching (channelopathies).

National Institutes of Health (.gov)

3. Importance for Bone Health (Remodeling)

Bone Repair & Remodeling: Bone health depends on a dynamic balance between osteoblasts (bone-forming cells) and osteoclasts (bone-resorbing cells).

Mechano-sensing: Osteocytes (mature bone cells) use specialized ion channels that sense fluid flow in the bone's network, which is triggered by movement. Changes in membrane potential (depolarization) trigger these channels, telling the bone to build density in response to high activity and resorbing it during low activity.

Wound Healing: In cases of broken bones, a disrupted electric field acts as a "heal" signal, triggering mesenchymal stem cells (MSCs) to migrate to the site and start bone regeneration.

PubMed Central (PMC) (.gov)

4. Consequence of Disruptions

If the sodium-potassium pump fails or ion channels are mutated, the cell cannot maintain its potential, leading to ion imbalances.

Nerve dysfunction: Inability to transmit information (neuropathy).

Muscle weakness or paralysis: Inability to initiate contraction.

Bone loss (osteopenia/osteoporosis): The cells fail to sense load, leading to excessive breakdown.

National Institutes of Health (.gov)

In summary, the membrane potential acts as a crucial transducer of electrical and mechanical information in the body, converting environmental or voluntary stimuli into actionable biological responses.

Trial using the Enraf-Nonius Compact II with hand applicator.

Client involved in serious car accident where her car was hit by a truck travelling at 80 km/h

Trying several modalities over a period of five years and having no success from these.

When applying the Enraf-Nonius Compact II the result being immediate.

The client also suffers from pots syndrome, There was no noticeable effect to this.