

## Nurnberger-Muller CELULITE DEFINITION Scale Chart

The Nurnberger-Muller scale has been published in many papers but not many, if any, have implemented this scale in a level (1) blinded and controlled clinical trial. The reason is that there are only 4 grades of cellulite and to change from 1 grade to another would be a 25% difference based on the doctor's perception of cellulite reduction. Please see an example of the scale below.

### Stage 0

No dimpling or apparent visible alterations to the skin surface upon standing or lying down or upon pinching the skin.

### Stage 1

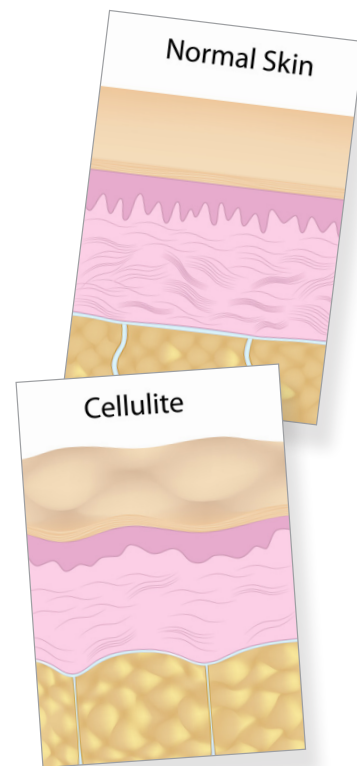
No dimpling or apparent visible alterations to the skin surface upon standing or lying down. Dimpling appears with the pinch test or muscular contraction.

### Stage 2

Dimpling appears spontaneously when standing but not when lying down. The orange peel appearance of the skin is evident to the naked eye, without need for manipulation.

### Stage 3

Dimpling is spontaneously present when both standing and lying down, evident to the naked eye without need for manipulation; Orange peel skin surface appearance with raised areas and nodules.



## Verju Cellulite Form

### My Appointments:

	Appt. 1	Appt. 2	Appt. 3	Appt. 4	Appt. 5	Appt. 6
Day						
Time						

### My Results:

	Final	Final Stage
Waist		
Hips		
Thigh (right)		
Thigh (left)		
<b>Combined Total Cellulite Stage</b>	Beginning	Final

### Six Steps to Verjú Success

**Follow these guidelines everyday to achieve the maximum results:**

1. Walk for 15-20 minutes per day throughout your treatments.
2. Drink 1/2 ounce of water per body weight pound, with a minimum of 64 ounces per day.
3. Start the CURVA<sup>®</sup> nutritional supplements immediately. Take 1 Caplique each morning and 1 Caplique each evening – DO NOT take CURVA on an empty stomach. Continue taking for one week after treatments. We strongly recommend applying Ph-irm<sup>™</sup> cream twice daily where cellulite is present.
4. Eat sensibly and minimize alcohol and caffeine during your treatments.
5. Keep to your Verjú scheduled treatments.
6. Recommended- Massage the targeted areas after treatment to help your body's lymphatic drainage and fat removal processes.

