



# Website Analysis: healthystic.com

Generated on July 30 2024 08:18 AM

The score is 53/100



## SEO Content

	Title	Healthystic - Uplifting People To Live Healthier Lives Length : 54 Perfect, your title contains between 10 and 70 characters.																				
	Description	Healthystic is a health and well-being portal that aims to uplift people to take charge of their health and live well-balanced lives. Length : 133 Great, your meta description contains between 70 and 160 characters.																				
	Keywords	Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.																				
	Og Meta Properties	Good, your page take advantage of Og Properties. <table border="1"><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>locale</td><td>en_US</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Healthystic - Uplifting People To Live Healthier Lives</td></tr><tr><td>description</td><td>Healthystic is a health and well-being portal that aims to uplift people to take charge of their health and live well-balanced lives.</td></tr><tr><td>url</td><td>https://healthystic.com/</td></tr><tr><td>site_name</td><td>Healthystic</td></tr><tr><td>image</td><td>https://healthystic.com/wp-content/uploads/2022/01/healthystic.jpg</td></tr><tr><td>image:width</td><td>474</td></tr><tr><td>image:height</td><td>474</td></tr></tbody></table>	Property	Content	locale	en_US	type	website	title	Healthystic - Uplifting People To Live Healthier Lives	description	Healthystic is a health and well-being portal that aims to uplift people to take charge of their health and live well-balanced lives.	url	https://healthystic.com/	site_name	Healthystic	image	https://healthystic.com/wp-content/uploads/2022/01/healthystic.jpg	image:width	474	image:height	474
Property	Content																					
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url	https://healthystic.com/																					
site_name	Healthystic																					
image	https://healthystic.com/wp-content/uploads/2022/01/healthystic.jpg																					
image:width	474																					
image:height	474																					

# SEO Content





		image:type	image/jpeg				
	Headings	H1 9	H2 10	H3 65	H4 12	H5 0	H6 0
		<ul style="list-style-type: none"> <li>• [H1] Kratom vs. Cannabis: Exploring the Health Benefits and Uses</li> <li>• [H1] Exploring the Depths of Vedic Meditation: A Path to Inner Harmony</li> <li>• [H1] Boosting Morale: The Key To Employee Satisfaction After Acquiring a Company</li> <li>• [H1] Navigating ECG Reports for Heart Wellness and Informed Decisions</li> <li>• [H1] Wellness and Nutrition Expert Kevin English Takes First Steps on Hearing Health Journey with Help from HearUSA</li> <li>• [H1] Beyond a Smile: A Comprehensive Guide to Optimal Oral Health</li> <li>• [H1] 6 Best Chemistry Analyzer Equipment Providers in the USA</li> <li>• [H1] Mental Matters: Helpful Resources for Depression and Anxiety</li> <li>• [H1] Exercise and Aging: Maintaining Physical and Cognitive Health in Later Life</li> <li>• [H2] Featured Post</li> <li>• [H2] Must Read</li> <li>• [H2] Category: Health</li> <li>• [H2] Category: Self Help</li> <li>• [H2] Category: Nutrition</li> <li>• [H2] Latest Stories</li> <li>• [H2] Talk to a Healthcare Expert Online</li> <li>• [H2] More from our blog</li> <li>• [H2] About Us</li> <li>• [H2] Newsletter</li> <li>• [H3] Recent Posts</li> <li>• [H3] Expert Tips to Reducing Your Risk of Erectile Dysfunction</li> <li>• [H3] Beyond a Smile: A Comprehensive Guide to Optimal Oral Health</li> <li>• [H3] Understanding Neurodiversity: Exploring ADHD and Autism</li> <li>• [H3] 6 Important Things to Know When Starting Your Health Journey</li> <li>• [H3] Recent Posts</li> <li>• [H3] I Added Sports Pilates to My Marathon Preparation and This Was the Result: Staying Injury-Free and Running Strong</li> <li>• [H3] Bulking and Cutting: The Hidden Use of Performance-Enhancing Drugs and the Effect on Your Mental Health</li> <li>• [H3] Staying Motivated for Indoor Workouts: Unique Ideas to Keep You Moving</li> <li>• [H3] How Do You Fix an Uncomfortable Neck?</li> <li>• [H3] Recent Posts</li> <li>• [H3] The Fast Lane to Better Health: Debunking the Myths and Unveiling the Truth about Intermittent Fasting</li> <li>• [H3] Green Salt: A Salt Substitute That Is Healthy and Nutritious</li> <li>• [H3] Are Potatoes Safe for Diabetics to Eat?</li> <li>• [H3] The Vegetables You Should Consume Regularly</li> <li>• [H3] Recent Posts</li> <li>• [H3] How to Extend Your Life: Practical Tips and Scientific</li> </ul>					

# SEO Content





## Insights

- [H3] 6 Substance Abuse Warning Signs to Look Out For in Loved Ones
- [H3] Mental Matters: Helpful Resources for Depression and Anxiety
- [H3] When Is It General Anxiety Vs. A Panic Attack?
- [H3] Recent Posts
- [H3] Do I Still Need To Be Tested For COVID-19 In The UK?
- [H3] Physical Disability Can Damage Your Confidence. Learn to Reclaim Your Power by Giving Great Voice!
- [H3] The Undesirable Impact of Social Media Platforms on Your General Well-being
- [H3] How CROs Help Pharma Companies?
- [H3] Recent Posts
- [H3] Top Ways to Get Rid of Your Double Chin
- [H3] Cosmeceutical Skincare Products: What Are the Benefits of Using Them?
- [H3] The Fastest Way to Straighten Teeth As Per Experts
- [H3] Why Facial Beauty is an Important Part of a Woman's Life
- [H3] Recent Posts
- [H3] Kratom vs. Cannabis: Exploring the Health Benefits and Uses
- [H3] How to Start Your Own Health Supplement Line in NJ
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- [H3] How People Across the Globe Are Using Grounding to Heal Chronic Illness
- [H3] 7 Latest Sustainability Trends Shaping the Future
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- [H3] Navigating Social Media with Self-Compassion
- [H3] How to Extend Your Life: Practical Tips and Scientific Insights
- [H3] Three Key Benefits of Protein for Your Body
- [H3] What is Sprouted Broccoli: A Beginner's Guide
- [H3] Achieving Maximum Nutritional Benefits through Smart Food Choices
- [H3] How Your Diet Can Affect the Appearance and Health of Your Skin
- [H3] The Fast Lane to Better Health: Debunking the Myths and Unveiling the Truth about Intermittent Fasting
- [H3] Exploring the Depths of Vedic Meditation: A Path to Inner

## SEO Content

		<p>Harmony</p> <ul style="list-style-type: none"><li>• [H3] Boosting Morale: The Key To Employee Satisfaction After Acquiring a Company</li><li>• [H3] Navigating ECG Reports for Heart Wellness and Informed Decisions</li><li>• [H3] How People Across the Globe Are Using Grounding to Heal Chronic Illness</li><li>• [H3] Navigating Social Media with Self-Compassion</li><li>• [H3] Connect With Us</li><li>• [H3] Join Us On Facebook</li><li>• [H3] Watch on YouTube</li><li>• [H3] Follow Us On Instagram</li><li>• [H3] behealthystic</li><li>• [H3] Follow Us On Twitter</li><li>• [H4] Hacks for Managing Blood Sugar Spikes with Protein</li><li>• [H4] The Transformative Impact of Supportive Care in Breast Cancer Treatment</li><li>• [H4] How to Extend Your Life: Practical Tips and Scientific Insights</li><li>• [H4] Co-occurring Disorders in Veterans: Addressing PTSD and Substance Use</li><li>• [H4] 6 Best Chemistry Analyzer Equipment Providers in the USA</li><li>• [H4] Mental Matters: Helpful Resources for Depression and Anxiety</li><li>• [H4] Exercise and Aging: Maintaining Physical and Cognitive Health in Later Life</li><li>• [H4] Understanding Neurodiversity: Exploring ADHD and Autism</li><li>• [H4] 6 Important Things to Know When Starting Your Health Journey</li><li>• [H4] Clinical Trial and Design Principles in Oncology</li><li>• [H4] When Is It General Anxiety Vs. A Panic Attack?</li><li>• [H4] Privacy Overview</li></ul>
	Images	<p>We found 63 images on this web page.</p> <p>3 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : 7%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.</p>

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 66 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 4.55%</p> <p>Internal Links 95.45%</p>

## In-page links

Anchor	Type	Juice
<a href="#">Health</a>	Internal	Passing Juice
<a href="#">Expert Tips to Reducing Your Risk of Erectile Dysfunction</a>	Internal	Passing Juice
<a href="#">Beyond a Smile: A Comprehensive Guide to Optimal Oral Health</a>	Internal	Passing Juice
<a href="#">Understanding Neurodiversity: Exploring ADHD and Autism</a>	Internal	Passing Juice
<a href="#">6 Important Things to Know When Starting Your Health Journey</a>	Internal	Passing Juice
<a href="#">Fitness</a>	Internal	Passing Juice
<a href="#">I Added Sports Pilates to My Marathon Preparation and This Was the Result: Staying Injury-Free and Running Strong</a>	Internal	Passing Juice
<a href="#">Bulking and Cutting: The Hidden Use of Performance-Enhancing Drugs and the Effect on Your Mental Health</a>	Internal	Passing Juice
<a href="#">Staying Motivated for Indoor Workouts: Unique Ideas to Keep You Moving</a>	Internal	Passing Juice
<a href="#">How Do You Fix an Uncomfortable Neck?</a>	Internal	Passing Juice
<a href="#">Nutrition</a>	Internal	Passing Juice
<a href="#">The Fast Lane to Better Health: Debunking the Myths and Unveiling the Truth about Intermittent Fasting</a>	Internal	Passing Juice
<a href="#">Green Salt: A Salt Substitute That Is Healthy and Nutritious</a>	Internal	Passing Juice
<a href="#">Are Potatoes Safe for Diabetics to Eat?</a>	Internal	Passing Juice

## In-page links

<a href="#">The Vegetables You Should Consume Regularly</a>	Internal	Passing Juice
<a href="#">Self Help</a>	Internal	Passing Juice
<a href="#">How to Extend Your Life: Practical Tips and Scientific Insights</a>	Internal	Passing Juice
<a href="#">6 Substance Abuse Warning Signs to Look Out For in Loved Ones</a>	Internal	Passing Juice
<a href="#">Mental Matters: Helpful Resources for Depression and Anxiety</a>	Internal	Passing Juice
<a href="#">When Is It General Anxiety Vs. A Panic Attack?</a>	Internal	Passing Juice
<a href="#">News</a>	Internal	Passing Juice
<a href="#">Do I Still Need To Be Tested For COVID-19 In The UK?</a>	Internal	Passing Juice
<a href="#">Physical Disability Can Damage Your Confidence. Learn to Reclaim Your Power by Giving Great Voice!</a>	Internal	Passing Juice
<a href="#">The Undesirable Impact of Social Media Platforms on Your General Well-being</a>	Internal	Passing Juice
<a href="#">How CROs Help Pharma Companies?</a>	Internal	Passing Juice
<a href="#">Beauty</a>	Internal	Passing Juice
<a href="#">Top Ways to Get Rid of Your Double Chin</a>	Internal	Passing Juice
<a href="#">Cosmeceutical Skincare Products: What Are the Benefits of Using Them?</a>	Internal	Passing Juice
<a href="#">The Fastest Way to Straighten Teeth As Per Experts</a>	Internal	Passing Juice
<a href="#">Why Facial Beauty is an Important Part of a Woman's Life</a>	Internal	Passing Juice
<a href="#">Product</a>	Internal	Passing Juice
<a href="#">Kratom vs. Cannabis: Exploring the Health Benefits and Uses</a>	Internal	Passing Juice
<a href="#">How to Start Your Own Health Supplement Line in NJ</a>	Internal	Passing Juice
<a href="#">Atlas Physical Therapy: Here's What You Should Know</a>	Internal	Passing Juice
<a href="#">The Best Weight Plates in 2022</a>	Internal	Passing Juice
<a href="#">How People Across the Globe Are Using Grounding to Heal Chronic Illness</a>	Internal	Passing Juice
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<a href="#">Navigating Social Media with Self-Compassion</a>	Internal	Passing Juice
<a href="#">Hacks for Managing Blood Sugar Spikes with Protein</a>	Internal	Passing Juice

## In-page links

<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Editorial Team</a>	Internal	Passing Juice
<a href="#">The Transformative Impact of Supportive Care in Breast Cancer Treatment</a>	Internal	Passing Juice
<a href="#">Co-occurring Disorders in Veterans: Addressing PTSD and Substance Use</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Listicle</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">What is Sprouted Broccoli: A Beginner's Guide</a>	Internal	Passing Juice
<a href="#">Achieving Maximum Nutritional Benefits through Smart Food Choices</a>	Internal	Passing Juice
<a href="#">How Your Diet Can Affect the Appearance and Health of Your Skin</a>	Internal	Passing Juice
<a href="#">2</a>	Internal	Passing Juice
<a href="#">3</a>	Internal	Passing Juice
<a href="#">59</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">healthystic</a>	External	Passing Juice
<a href="#">August 14, 2023</a>	External	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">sur.ly</a>	External	Passing Juice
<a href="#">About</a>	Internal	Passing Juice
<a href="#">Write For Us</a>	Internal	Passing Juice
<a href="#">Privacy Policy</a>	Internal	Passing Juice
<a href="#">Terms</a>	Internal	Passing Juice

## In-page links

[Disclaimer](#)

Internal

Passing Juice

## SEO Keywords



Keywords Cloud

november how help march april health team  
editorial nutrition self

## Keywords Consistency












Keyword	Content	Title	Keywords	Description	Headings
editorial	47	✘	✘	✘	✘
team	47	✘	✘	✘	✘
health	35	✔	✘	✔	✔
help	26	✘	✘	✘	✔
self	20	✘	✘	✘	✔

## Usability





	Url	Domain : healthystic.com Length : 15
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.




## Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 123 Warnings : 14
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Too bad, your website does not take advantage of gzip.</li></ul>




## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul>
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## Optimization

	XML Sitemap	Great, your website has an XML sitemap. <ul style="list-style-type: none"><li><a href="http://healthystic.com/sitemap.xml">http://healthystic.com/sitemap.xml</a></li><li><a href="https://healthystic.com/sitemap_index.xml">https://healthystic.com/sitemap_index.xml</a></li><li><a href="https://healthystic.com/post-sitemap.xml">https://healthystic.com/post-sitemap.xml</a></li><li><a href="https://healthystic.com/page-sitemap.xml">https://healthystic.com/page-sitemap.xml</a></li></ul>
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## Optimization

	Robots.txt	<p><a href="http://healthystic.com/robots.txt">http://healthystic.com/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <div data-bbox="544 365 1481 443"> Google Analytics</div>