



Avaliação do site healthystic.com

Gerado a 30 de Julho de 2024 08:18 AM

O resultado é de 53/100



Conteúdo SEO

	Título	Healthystic - Uplifting People To Live Healthier Lives Cumprimento : 54 Perfeito, o Título contém entre 10 e 70 caracteres.																				
	Descrição	Healthystic is a health and well-being portal that aims to uplift people to take charge of their health and live well-balanced lives. Cumprimento : 133 Perfeito, a Descrição META contém entre 70 e 160 caracteres.																				
	Palavras-chave	Mau. Não detetámos palavras-chave META na sua página.																				
	Propriedades Og Meta	Boa! Esta página tira vantagens das propriedades Og. <table><thead><tr><th>Propriedade</th><th>Conteúdo</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>	Propriedade	Conteúdo	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
Propriedade	Conteúdo																					
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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																					

Conteúdo SEO





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

Conteúdo SEO

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
- [H3] Atlas Physical Therapy: Here's What You Should Know
- [H3] The Best Weight Plates in 2022
- [H3] How People Across the Globe Are Using Grounding to Heal Chronic Illness
- [H3] 7 Latest Sustainability Trends Shaping the Future
- [H3] Navigating Social Media with Self-Compassion
- [H3] Hacks for Managing Blood Sugar Spikes with Protein
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- [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

Conteúdo SEO

		<p>Harmony</p> <ul style="list-style-type: none">• [H3] Boosting Morale: The Key To Employee Satisfaction After Acquiring a Company• [H3] Navigating ECG Reports for Heart Wellness and Informed Decisions• [H3] How People Across the Globe Are Using Grounding to Heal Chronic Illness• [H3] Navigating Social Media with Self-Compassion• [H3] Connect With Us• [H3] Join Us On Facebook• [H3] Watch on YouTube• [H3] Follow Us On Instagram• [H3] behealthystic• [H3] Follow Us On Twitter• [H4] Hacks for Managing Blood Sugar Spikes with Protein• [H4] The Transformative Impact of Supportive Care in Breast Cancer Treatment• [H4] How to Extend Your Life: Practical Tips and Scientific Insights• [H4] Co-occurring Disorders in Veterans: Addressing PTSD and Substance Use• [H4] 6 Best Chemistry Analyzer Equipment Providers in the USA• [H4] Mental Matters: Helpful Resources for Depression and Anxiety• [H4] Exercise and Aging: Maintaining Physical and Cognitive Health in Later Life• [H4] Understanding Neurodiversity: Exploring ADHD and Autism• [H4] 6 Important Things to Know When Starting Your Health Journey• [H4] Clinical Trial and Design Principles in Oncology• [H4] When Is It General Anxiety Vs. A Panic Attack?• [H4] Privacy Overview
	Imagens	<p>Encontrámos 63 imagens nesta página.</p> <p>3 atributos ALT estão vazios ou em falta. É recomendado adicionar texto alternativo de modo a que os motores de busca identifiquem melhor o conteúdo das suas imagens.</p>
	Rácio Texto/HTML	<p>Rácio : 7%</p> <p>O rácio de texto para código HTML desta página é menor que 15 por cento, o que significa que provavelmente é necessário de adicionar mais conteúdos em forma de texto.</p>
	Flash	<p>Perfeito, não foi encontrado conteúdo Flash nesta página.</p>
	Iframe	<p>Oh, não, esta página tem Iframes na página, o que significa que o conteúdo destas não pode ser indexado.</p>

Conteúdo SEO

Ligações SEO

	Reescrita de URL	Perfeito. As ligações aparentam ser limpas!
	Underscores (traços inferiores) nas URLs	Perfeito. Não foram encontrados 'underscores' (traços inferiores) nas suas URLs.
	Ligações para a própria página	Encontrámos um total de 66 ligações incluindo 0 ligações a ficheiros
	Statistics	Ligações externas : noFollow 0% Ligações externas : Passa sumo 4.55% Ligações internas 95.45%

Ligações para a própria página

Âncoras	Tipo	Sumo
Health	Internas	Passa sumo
Expert Tips to Reducing Your Risk of Erectile Dysfunction	Internas	Passa sumo
Beyond a Smile: A Comprehensive Guide to Optimal Oral Health	Internas	Passa sumo
Understanding Neurodiversity: Exploring ADHD and Autism	Internas	Passa sumo
6 Important Things to Know When Starting Your Health Journey	Internas	Passa sumo
Fitness	Internas	Passa sumo
I Added Sports Pilates to My Marathon Preparation and This Was the Result: Staying Injury-Free and Running Strong	Internas	Passa sumo
Bulking and Cutting: The Hidden Use of Performance-Enhancing Drugs and the Effect on Your Mental Health	Internas	Passa sumo
Staying Motivated for Indoor Workouts: Unique Ideas to Keep You Moving	Internas	Passa sumo
How Do You Fix an Uncomfortable Neck?	Internas	Passa sumo
Nutrition	Internas	Passa sumo

Ligações para a própria página

The Fast Lane to Better Health: Debunking the Myths and Unveiling the Truth about Intermittent Fasting	Internas	Passa sumo
Green Salt: A Salt Substitute That Is Healthy and Nutritious	Internas	Passa sumo
Are Potatoes Safe for Diabetics to Eat?	Internas	Passa sumo
The Vegetables You Should Consume Regularly	Internas	Passa sumo
Self Help	Internas	Passa sumo
How to Extend Your Life: Practical Tips and Scientific Insights	Internas	Passa sumo
6 Substance Abuse Warning Signs to Look Out For in Loved Ones	Internas	Passa sumo
Mental Matters: Helpful Resources for Depression and Anxiety	Internas	Passa sumo
When Is It General Anxiety Vs. A Panic Attack?	Internas	Passa sumo
News	Internas	Passa sumo
Do I Still Need To Be Tested For COVID-19 In The UK?	Internas	Passa sumo
Physical Disability Can Damage Your Confidence. Learn to Reclaim Your Power by Giving Great Voice!	Internas	Passa sumo
The Undesirable Impact of Social Media Platforms on Your General Well-being	Internas	Passa sumo
How CROs Help Pharma Companies?	Internas	Passa sumo
Beauty	Internas	Passa sumo
Top Ways to Get Rid of Your Double Chin	Internas	Passa sumo
Cosmeceutical Skincare Products: What Are the Benefits of Using Them?	Internas	Passa sumo
The Fastest Way to Straighten Teeth As Per Experts	Internas	Passa sumo
Why Facial Beauty is an Important Part of a Woman's Life	Internas	Passa sumo
Product	Internas	Passa sumo
Kratom vs. Cannabis: Exploring the Health Benefits and Uses	Internas	Passa sumo
How to Start Your Own Health Supplement Line in NJ	Internas	Passa sumo
Atlas Physical Therapy: Here's What You Should Know	Internas	Passa sumo

Ligações para a própria página

The Best Weight Plates in 2022	Internas	Passa sumo
How People Across the Globe Are Using Grounding to Heal Chronic Illness	Internas	Passa sumo
7 Latest Sustainability Trends Shaping the Future	Internas	Passa sumo
Navigating Social Media with Self-Compassion	Internas	Passa sumo
Hacks for Managing Blood Sugar Spikes with Protein	Internas	Passa sumo
=	Internas	Passa sumo
=	Internas	Passa sumo
=	Internas	Passa sumo
Editorial Team	Internas	Passa sumo
The Transformative Impact of Supportive Care in Breast Cancer Treatment	Internas	Passa sumo
Co-occurring Disorders in Veterans: Addressing PTSD and Substance Use	Internas	Passa sumo
=	Internas	Passa sumo
Listicle	Internas	Passa sumo
=	Internas	Passa sumo
=	Internas	Passa sumo
=	Internas	Passa sumo
What is Sprouted Broccoli: A Beginner's Guide	Internas	Passa sumo
Achieving Maximum Nutritional Benefits through Smart Food Choices	Internas	Passa sumo
How Your Diet Can Affect the Appearance and Health of Your Skin	Internas	Passa sumo
2	Internas	Passa sumo
3	Internas	Passa sumo
59	Internas	Passa sumo
=	Internas	Passa sumo
healthstic	Externas	Passa sumo

Ligações para a própria página

August 14, 2023	Externas	Passa sumo
-	Internas	Passa sumo
sur.ly	Externas	Passa sumo
About	Internas	Passa sumo
Write For Us	Internas	Passa sumo
Privacy Policy	Internas	Passa sumo
Terms	Internas	Passa sumo
Disclaimer	Internas	Passa sumo

Palavras-chave SEO







Consistência das Palavras-chave

Palavra-chave	Conteúdo	Título	Palavras-chave	Descrição	Cabeçalhos
editorial	47	✘	✘	✘	✘
team	47	✘	✘	✘	✘
health	35	✔	✘	✔	✔
help	26	✘	✘	✘	✔
self	20	✘	✘	✘	✔












Usabilidade

	Url	Domínio : healthystic.com Cumprimento : 15
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Usabilidade

	Favicon	Ótimo, o site tem um favicon.
	Facilidade de Impressão	Não encontramos CSS apropriado para impressão.
	Língua	Ótimo! A língua declarada deste site é en.
	Dublin Core	Esta página não tira vantagens do Dublin Core.

Documento

	Tipo de Documento	HTML 5
	Codificação	Perfeito. O conjunto de caracteres UTF-8 está declarado.
	Validação W3C	Erros : 123 Avisos : 14
	Privacidade do Email	Boa! Nenhum endereço de email está declarado sob a forma de texto!
	HTML obsoleto	Fantástico! Não detetámos etiquetas HTML obsoletas.
	Dicas de Velocidade	<ul style="list-style-type: none"> Excelente, este site não usa tabelas dentro de tabelas. Oh não, o site usa estilos CSS nas etiquetas HTML. Oh, não! O site utiliza demasiados ficheiros CSS (mais que 4). Oh, não! O site utiliza demasiados ficheiros JavaScript (mais que 6). Atenção, o site não tira vantagem da compressão gzip.

Dispositivos Móveis



Otimização para dispositivos móveis

- ✓ Icon Apple
- ✓ Meta Viewport Tag
- ✓ Conteúdo Flash

Otimização



XML Sitemap

Perfeito, o site tem um mapa XML do site (sitemap).

<http://healthystic.com/sitemap.xml>
https://healthystic.com/sitemap_index.xml
<https://healthystic.com/post-sitemap.xml>
<https://healthystic.com/page-sitemap.xml>



Robots.txt

<http://healthystic.com/robots.txt>

Perfeito, o seu site tem um ficheiro robots.txt.



Analytics

Perfeito, o site tem uma ferramenta analítica para a análise de atividade.



Google Analytics