

Seo Analyzer asthmacare.ie

Generated on March 07 2022 04:12 AM

The score is 54/100



SEO Content

	Title	<p>Buteyko Clinic International - Breathing Method, Techniques, Exercises</p> <p>Length : 70</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																
	Description	<p>Buteyko Clinic provides international training in the Buteyko Breathing Method to clients and healthcare professionals. Learn Buteyko Breathing techniques and exercises today!</p> <p>Length : 175</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</p>																
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>																
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table><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>Buteyko Clinic International - Breathing Method, Techniques, Exercises</td></tr><tr><td>description</td><td>Buteyko Clinic provides international training in the Buteyko Breathing Method to clients and healthcare professionals. Learn Buteyko Breathing techniques and exercises today!</td></tr><tr><td>url</td><td>https://buteykoclinic.com/</td></tr><tr><td>site_name</td><td>Buteyko Clinic</td></tr><tr><td>image</td><td>https://buteykoclinic.com/wp-content/uploads/2019/04/man_snoring.jpg</td></tr></tbody></table>	Property	Content	locale	en_US	type	website	title	Buteyko Clinic International - Breathing Method, Techniques, Exercises	description	Buteyko Clinic provides international training in the Buteyko Breathing Method to clients and healthcare professionals. Learn Buteyko Breathing techniques and exercises today!	url	https://buteykoclinic.com/	site_name	Buteyko Clinic	image	https://buteykoclinic.com/wp-content/uploads/2019/04/man_snoring.jpg
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SEO Content

Headings



H1	H2	H3	H4	H5	H6
0	12	36	14	5	0

- [H2] WORLD'S LEADING AUTHORITY ON THE BUTEYKO BREATHING METHOD
- [H2] WHAT IS THE BUTEYKO METHOD?
- [H2] Who Is Patrick McKeown?
- [H2] What Are Breathing Exercises?
- [H2] BUTEYKO SERVICES
- [H2] WHAT CONDITIONS CAN BUTEYKO HELP WITH?
- [H2] More on how Buteyko can help
- [H2] BECOME A CERTIFIED Instructor
- [H2] What People Say
- [H2] What we're up to
- [H2] You May Like
- [H2] GET IN TOUCH
- [H3] Re-educate your breathing to support lifelong health and well-being!
- [H3] Buteyko Clinic International provides the following services:
 - [H3] Asthma, Rhinitis, COPD, Cystic Fibrosis
 - [H3] High Blood Pressure
 - [H3] Insomnia
 - [H3] Snoring and Sleep Apnea
 - [H3] Stress, Anxiety, Panic Attacks & Depression
 - [H3] Parents: How Buteyko Can Help your Child's development
 - [H3] Mary B. Geidel
 - [H3] Louise Hibbert
 - [H3] Patrick Holford, Author & Nutritionist
 - [H3] Brenda McKinnon Lamont
 - [H3] Gaye Lawrence
 - [H3] Professor John Fenton, ENT Consultant, Limerick Regional Hospital
 - [H3] Colin, Amazon Customer Review for Close Your Mouth: Self Help Buteyko Manual
 - [H3] Julian Barry -Working with Financial and Business Leaders delivering Pan-European business transformation and integration projects. UK
 - [H3] Eileen Bennett - Founder and CEO at Horses Connect <http://www.horsesconnect.com/>
 - [H3] CLIENT TESTIMONIAL
 - [H3] Vishnu J
 - [H3] Mark Cucuzzella MD FAAFP, Professor at West Virginia University School of Medicine
 - [H3] Mim Biem
 - [H3] LAURA REYNOLDS
 - [H3] Jen Li Sheng
 - [H3] Professor John Fenton
 - [H3] Andrew Kacsor
 - [H3] Ten-year-old Lorcan
 - [H3] Frankie Sheahan
 - [H3] Carole Nelson
 - [H3] Listen to ourpodcasts - Tune In
 - [H3] Subscribe to our Newsletter
 - [H3] Connect with us
 - [H3] Have a question?



SEO Content

		<ul style="list-style-type: none">• [H3] Myotape• [H3] Sportsmask• [H3] breathing belt (1)• [H3] Donate• [H4] PLAY VIDEO• [H4] Zoom Clinics with Patrick• [H4] Books• [H4] Store• [H4] Self Instructional DVDs and online courses• [H4] Instructor Trainings Worldwide• [H4] Online Certification for Instructors• [H4] Buteyko Professionals International• [H4] Podcasts• [H4] Tune In• [H4] ABOUT• [H4] OUR SERVICES• [H4] LEARN BUTEYKO• [H4] CONDITIONS• [H5] Dr. Konstantin Pavlovich Buteyko• [H5] The Buteyko Method in the West• [H5] More on learning Buteyko Breathing Method• [H5] Nose breathing vs mouth breathing• [H5] Stress, anxiety and panic attacks
	Images	<p>We found 74 images on this web page.</p> <p>70 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 : 6%</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	<p>Good. Your links looks friendly!</p>
	Underscores in the URLs	<p>Perfect! No underscores detected in your URLs.</p>
	In-page links	<p>We found a total of 68 links including 3 link(s) to files</p>

SEO Links

		
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 83.82%</p> <p>Internal Links 16.18%</p>

In-page links

Anchor	Type	Juice
What is the Buteyko Method?	External	Passing Juice
Buteyko Exercises	External	Passing Juice
Buteyko Clinical Trials	External	Passing Juice
Buteyko Clinic International	External	Passing Juice
Our People	External	Passing Juice
About Dr. Buteyko	External	Passing Juice
Videos	External	Passing Juice
Zoom Clinics with Patrick	External	Passing Juice
Books	External	Passing Juice
Self study dvd sets	External	Passing Juice
Self study online courses	External	Passing Juice
ONE TO ONE TRAINING WITH CIARAN MCKEOWN	External	Passing Juice
Breathing Belt	External	Passing Juice
FIND AN PRACTITIONER IN YOUR AREA	External	Passing Juice
FREE ONLINE CHILDRENS COURSE	External	Passing Juice
PARENT'S INFORMATION PAGE ON CHILDHOOD DEVELOPMENT	External	Passing Juice
Online Certificate in the Buteyko Method	External	Passing Juice
Worldwide Practitioner Trainings	External	Passing Juice
The Importance of Breathing	External	Passing Juice
Hyperventilation Syndrome	External	Passing Juice

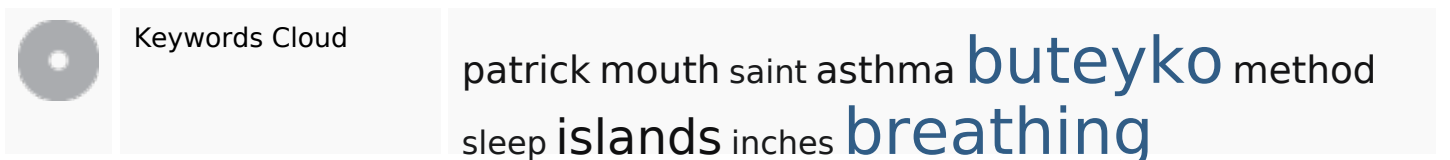
In-page links

Dr Buteyko's Book	External	Passing Juice
The Writings of Dr Vladimir Buteyko	External	Passing Juice
Shut Your Mouth by George Catlin	External	Passing Juice
About Us	External	Passing Juice
Mission and Vision	External	Passing Juice
Core Values And Goals	External	Passing Juice
BPI Team	External	Passing Juice
Membership	External	Passing Juice
CONTINUING PROFESSIONAL DEVELOPMENT	External	Passing Juice
List of Members	External	Passing Juice
Code of Conduct and Ethics	External	Passing Juice
Members' Publications	External	Passing Juice
The Breathing Issue	External	Passing Juice
Links	External	Passing Juice
Contact Us	External	Passing Juice
Media	External	Passing Juice
Store	External	Passing Juice
Members-Log in	External	Passing Juice
Online Course Login	External	Passing Juice
Ebook-Log in	External	Passing Juice
PLAY VIDEO	External	Passing Juice
IOS App	External	Passing Juice
Android App	External	Passing Juice
How can Buteyko help with quality of sleep?	Internal	Passing Juice
doctor Konstantin Buteyko	Internal	Passing Juice
Buteyko Method	Internal	Passing Juice
clinical trial	Internal	Passing Juice
Buteyko books	Internal	Passing Juice

In-page links

DVDs	Internal	Passing Juice
Patrick also provides live&nbsp;online&nbsp;clinics	Internal	Passing Juice
crooked teeth	Internal	Passing Juice
anxiety	Internal	Passing Juice
Attend a Course	Internal	Passing Juice
Certify Online	Internal	Passing Juice
www.carolenelsonmusic.com	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
Buteyko Breathing Technique Football	External	Passing Juice
Oxygen Advantage	External	Passing Juice
Buteyko DVD	External	Passing Juice
Buteyko Courses	External	Passing Juice
Anxiety	External	Passing Juice
Asthma	External	Passing Juice
Myofunctional Therapy	External	Passing Juice
Sleep disorders	External	Passing Juice
Kingdom Vision	External	Passing Juice
MENU	External	Passing Juice
Return to Shop	External	Passing Juice

SEO Keywords








Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
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Keywords Consistency

breathing	111	✓	✗	✓	✓
buteyko	99	✓	✗	✓	✓
islands	45	✗	✗	✗	✗
asthma	31	✗	✗	✗	✓
patrick	26	✗	✗	✗	✓


Usability

	Url	Domain : asthmacare.ie Length : 13
	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 : 26 Warnings : 53
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.





Document

	Speed Tips	<ul style="list-style-type: none">✓ Excellent, your website doesn't use nested tables.✗ Too bad, your website is using inline styles.✗ Too bad, your website has too many CSS files (more than 4).✗ Too bad, your website has too many JS files (more than 6).✓ Perfect, your website takes advantage of gzip.
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Mobile

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

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <p>http://asthmacare.ie/sitemap.xml</p>
	Robots.txt	<p>http://asthmacare.ie/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <p> Google Analytics</p>