Seo Analyzer
guiltfreehealth.com

Generated on February 28 2022 21:15 PM

The score is 43/100

SEO Content

⚠️	Title	Guilt Free Health - Nourish Believe Achieve - With Natasha - Guilt Free Health **Length : 78** Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.
❌	Description	**Length : 0** Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.
❌	Keywords	Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.
✅	Og Meta Properties	Good, your page take advantage of Og Properties.

Property	Content
locale	en_GB
type	website
title	Guilt Free Health - Nourish Believe Achieve - With Natasha - Guilt Free Health
description	welcome beautiful ARE YOU A WOMAN WHO WANTS TO ENJOY LIFE AND FOOD GUILT FREE,FEEL ENERGISED, CONFIDENT AND EXPERIENCE FAST TRANSFORMATION? I am Natasha and I help women just like you gain control over your health, body and eating habits whilst learning to love and believe in yourself again. My unique holistic approach heals body…
url	https://www.guiltfreehealth.com/

SEO Content

		site_name		Guilt Free Health			

○	Headings	**H1** 0	**H2** 11	**H3** 8	**H4** 0	**H5** 0	**H6** 0

- [H2] welcome beautiful
- [H2] ARE YOU A WOMAN WHO WANTS TO ENJOY LIFE AND FOOD GUILT FREE,FEEL ENERGISED, CONFIDENT AND EXPERIENCE FAST TRANSFORMATION?
- [H2] 'Are you a women who wants to feel nourished?
- [H2] nutritious
- [H2] delicious
- [H2] guilt free
- [H2] healthy
- [H2] hello I'm Natasha
- [H2] READ THE BLOG
- [H2] Are you a women who wants to feel nourished?
- [H2] LETS BE FRIENDS
- [H3] The Success Programme
- [H3] Transform25 Programme
- [H3] Surprise Treat Box
- [H3] Personal Fat Loss Meal Plan
- [H3] Natural Detox Kit
- [H3] Beth's Incredible Transform25 49lb Journey
- [H3] How to never count calories again and still lose weight
- [H3] How to identify and heal a leaky gut

✓	Images	We found 14 images on this web page. Good, most or all of your images have alt attributes.
✗	Text/HTML Ratio	Ratio : **1%** This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
✓	Flash	Perfect, no Flash content has been detected on this page.
✓	Iframe	Great, there are no Iframes detected on this page.

SEO Links

✓	URL Rewrite	Good. Your links looks friendly!
✗	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.

SEO Links

✓	In-page links	We found a total of 14 links including 0 link(s) to files
○	Statistics	External Links : noFollow 0%
		External Links : Passing Juice 14.29%
		Internal Links 85.71%

In-page links

Anchor	Type	Juice
The Success Programme	Internal	Passing Juice
Transform25 Programme	Internal	Passing Juice
Surprise Treat Box	Internal	Passing Juice
Personal Fat Loss Meal Plan	Internal	Passing Juice
Natural Detox Kit	Internal	Passing Juice
HERE	External	Passing Juice
-	Internal	Passing Juice
-	Internal	Passing Juice
-	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice
Site design by Carol Hampshire	External	Passing Juice
Ok	Internal	Passing Juice
Read more	Internal	Passing Juice

SEO Keywords

○	Keywords Cloud	guilt please more free guaranteed policy privacy unsubscribe check enter

SEO Keywords

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
please	5	✖	✖	✖	✖
check	4	✖	✖	✖	✖
privacy	4	✖	✖	✖	✖
free	3	✔	✖	✖	✔
more	2	✖	✖	✖	✖

Usability

	Url	Domain : guiltfreehealth.com Length : 19
	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 : 36

Document

	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.
	Speed Tips	✔ 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).
		✖ Too bad, your website does not take advantage of gzip.

Mobile

	Mobile Optimization	✔ Apple Icon
		✔ Meta Viewport Tag
		✔ Flash content

Optimization

	XML Sitemap	Great, your website has an XML sitemap.
		http://guiltfreehealth.com/sitemap.xml
	Robots.txt	http://guiltfreehealth.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool. Google Analytics