



# Seo Analyzer thebodynirvana.com

Generated on March 31 2022 18:09 PM





The score is 35/100







## SEO Content

	Title	<p>The Body Nirvana   Garima's Insights on the Undeniable Power of Mind-Body Wellness on Weightloss</p> <p><b>Length : 101</b></p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>												
	Description	<p><b>Length : 0</b></p> <p>Very bad. We haven't found meta description on your page. Use <a href="#">this free online meta tags generator</a> to create description.</p>												
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>												
	Og Meta Properties	<p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use <a href="#">this free og properties generator</a> to create them.</p>												
	Headings	<table border="1" data-bbox="544 1447 1481 1514"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>17</td> <td>1</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="616 1552 1476 2072" style="list-style-type: none"> <li>• [H1] The Body Nirvana</li> <li>• [H2] Garima's Insights on the Undeniable Power of Mind-Body Wellness on Weightloss</li> <li>• [H2] The Body Nirvana</li> <li>• [H2] How to handle gripping panic and loneliness during the lockdown?...</li> <li>• [H2] How to Lose Weight During The Corona Virus Lockdown: Tips...</li> <li>• [H2] I'm Not a Feminist - Don't shame me for it</li> <li>• [H2] Fighting Fit - Why 'Being Fat' Is Not Actually Such...</li> <li>• [H2] The No.1 Reason You Haven't Lost Weight</li> <li>• [H2] Read This If You Want To Lose Belly Fat Fast</li> <li>• [H2] What to do if you recently gained weight</li> <li>• [H2] Youtube</li> <li>• [H2] Social Media</li> <li>• [H2] Recent Post</li> </ul>	H1	H2	H3	H4	H5	H6	1	17	1	0	0	0
H1	H2	H3	H4	H5	H6									
1	17	1	0	0	0									

## SEO Content

		<ul style="list-style-type: none"><li>• [H2] Subscribe Us</li><li>• [H2]</li><li>• [H2] Archives</li><li>• [H2] Recent Comments</li><li>• [H2] Find Us On Facebook</li><li>• [H3] Garima</li></ul>
	Images	We found 45 images on this web page.  10 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : <b>0%</b>  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	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

## SEO Links

	URL Rewrite	Bad. Your links have query string.
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 82 links including 0 link(s) to files
	Statistics	External Links : noFollow 48.78%  External Links : Passing Juice 6.1%  Internal Links 45.12%

## In-page links

Anchor	Type	Juice
<a href="#">The Body Nirvana</a>	Internal	Passing Juice

## In-page links

<a href="#">MENU</a>	Internal	Passing Juice
<a href="#">Home</a>	Internal	Passing Juice
<a href="#">Media</a>	Internal	Passing Juice
<a href="#">Blogs</a>	Internal	Passing Juice
<a href="#">Startling ways your Emotions create your Health</a>	Internal	Passing Juice
<a href="#">Here's How Your Emotions Run Your Digestion (and how you can use that to lose weight)</a>	Internal	Passing Juice
<a href="#">Video Post: Wanna lose weight THIS is MORE important than DIETING!</a>	Internal	Passing Juice
<a href="#">Use Your Mind to Lose Your Weight</a>	Internal	Passing Juice
<a href="#">The Body Nirvana -Holistic Weightloss</a>	Internal	Passing Juice
<a href="#">FAT and FIT: Can You Be Both?</a>	Internal	Passing Juice
<a href="#">The Single, Easiest Change to Make for Weight loss -SLEEP WELL!</a>	Internal	Passing Juice
<a href="#">Stress: Exotic Bird or Common House Sparrow</a>	Internal	Passing Juice
<a href="#">Videos</a>	Internal	Passing Juice
<a href="#">About Garima</a>	Internal	Passing Juice
<a href="#">Connect with Me</a>	Internal	Passing Juice
<a href="#">Weight Loss</a>	Internal	Passing Juice
<a href="#">The Body Nirvana</a>	Internal	Passing Juice
=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
<a href="#">How to handle gripping panic and loneliness during the lockdown?...</a>	Internal	Passing Juice
=	External	noFollow
=	External	noFollow
=	External	noFollow


## In-page links

=	External	noFollow
=	External	noFollow
<a href="#">How to Lose Weight During The Corona Virus Lockdown: Tips...</a>	Internal	Passing Juice
=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
<a href="#">I'm Not a Feminist &amp;#8211; Don't shame me for it</a>	Internal	Passing Juice
=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
<a href="#">Fighting Fit - Why 'Being Fat' Is Not Actually Such...</a>	Internal	Passing Juice
=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
<a href="#">The No.1 Reason You Haven't Lost Weight</a>	Internal	Passing Juice
=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
<a href="#">Read This If You Want To Lose Belly Fat Fast</a>	Internal	Passing Juice
=	External	noFollow

## In-page links

=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
<a href="#">What to do if you recently gained weight</a>	Internal	Passing Juice
=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
=	External	noFollow
<a href="#">2</a>	Internal	Passing Juice
<a href="#">3</a>	Internal	Passing Juice
<a href="#">Tweets by garima_coach</a>	External	Passing Juice
<a href="#">May 2020</a>	Internal	Passing Juice
<a href="#">September 2017</a>	Internal	Passing Juice
<a href="#">July 2017</a>	Internal	Passing Juice
<a href="#">May 2017</a>	Internal	Passing Juice
<a href="#">April 2017</a>	Internal	Passing Juice
<a href="#">March 2017</a>	Internal	Passing Juice
<a href="#">February 2017</a>	Internal	Passing Juice
<a href="#">Dennishearo</a>	External	Passing Juice
<a href="#">The Single, Easiest Change to Make for Weight loss -SLEEP WELL!</a>	Internal	Passing Juice
<a href="#">How to Lose Weight During The Corona Virus Lockdown: Tips for the Indian Home-maker</a>	Internal	Passing Juice
<a href="#">ScottDEP</a>	External	Passing Juice
<a href="#">Startling ways your Emotions create your Health</a>	Internal	Passing Juice
<a href="#">© by Bluefin Technologies 2017! All Rights Reserved.</a>	External	Passing Juice
<a href="#">© by Bluefin Technologies 2017! All Rights Reserved.</a>	External	Passing Juice






## SEO Keywords

	Keywords Cloud	
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## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
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## Usability

	Url	Domain : thebodynirvana.com Length : 18
	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 : 37 Warnings : 29
	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.




## Document

		
	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> Perfect, your website has few JavaScript files.</li><li> Perfect, your website takes 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. <code>http://thebodynirvana.com/sitemap.xml</code>
	Robots.txt	<code>http://thebodynirvana.com/robots.txt</code> Great, your website has a robots.txt file.
	Analytics	Missing  We didn't detect an analytics tool installed on this website.  Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.