






Seo Analyzer yang-sheng.com

Generated on January 29 2022 10:44 AM





The score is 43/100



SEO Content

	Title	Yang-Sheng.com A network for health, happiness and harmony. Length : 61 Perfect, your title contains between 10 and 70 characters.																						
	Description	Yang Sheng - Length : 15 Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.																						
	Keywords	Yang Sheng blog, Yang Sheng, nurturing life, nourishing life, health perservation Good, your page contains meta keywords.																						
	Og Meta Properties	Good, your page take advantage of Og Properties. <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Yang-Sheng.com</td></tr><tr><td>description</td><td>A network for health, happiness and harmony.</td></tr><tr><td>url</td><td>http://yang-sheng.com/</td></tr><tr><td>site_name</td><td>Yang-Sheng.com</td></tr><tr><td>image</td><td>http://yang-sheng.com/wp-content/uploads/2011/03/Yang-Sheng-LOGO300px1.jpg</td></tr><tr><td>image:width</td><td>263</td></tr><tr><td>image:height</td><td>293</td></tr><tr><td>image:alt</td><td>Yang-Sheng-LOGO300px</td></tr><tr><td>locale</td><td>en_US</td></tr></tbody></table>	Property	Content	type	website	title	Yang-Sheng.com	description	A network for health, happiness and harmony.	url	http://yang-sheng.com/	site_name	Yang-Sheng.com	image	http://yang-sheng.com/wp-content/uploads/2011/03/Yang-Sheng-LOGO300px1.jpg	image:width	263	image:height	293	image:alt	Yang-Sheng-LOGO300px	locale	en_US
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image:alt	Yang-Sheng-LOGO300px																							
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SEO Content

	Headings	<div> <div> H1 0 H2 14 H3 16 H4 0 H5 0 H6 0 </div> <ul style="list-style-type: none"> • [H2] Yang-Sheng Home • [H2] Welcome to Yang-Sheng! • [H2] 欢迎来到阳生! • [H2] Here are the recent posts: • [H2] Winter Kidney-nourishing Dietary Adjustments • [H2] Preservation of Health in Winter, Nourish the Kidney First • [H2] Traditional Chinese Medicine Organ Times and Meridian System • [H2] Qigong Fasting or Bigu: Your Best Defense Against COVID-19 & Your Best Investment for Long-Term Wellness • [H2] Qigong & Mindfulness May Be Your Best Defense against COVID-19 • [H2] Five-Animal Play and the Five-Elements Five-Zang Theory • [H2] Bigu (Energetic Fasting) — The Most Powerful Way to Activate Self-healing • [H2] Introduction to Taiji Five-Element Qigong • [H2] Introducing the Latest Breakthrough in Cancer Therapy — YOU! • [H2] Introduction to Feng-yuan Bao & His Emotional-Release Therapy • [H3] Click HERE to Enter Yang-Sheng Blog.... • [H3] Please visit following pages to find out more about us: • [H3] Read Last Issue of Yang-Sheng in Flip-book version • [H3] Recent Posts • [H3] Translate this site! • [H3] Browse by Categories • [H3] Archived Articles • [H3] Wellness Tour to China • [H3] Popular Posts Past Week • [H3] Rehab Energy Tour • [H3] Like us on Facebook • [H3] Follow us on Twitter • [H3] Disclaimer: • [H3] 2016 Qigong Infused Life • [H3] 2016 Qigong Teacher Training Level 1 • [H3] Help Wanted </div>
	Images	<p>We found 9 images on this web page.</p> <p>2 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 : 9%</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</p>

SEO Content



in an Iframe cannot be indexed.

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.



In-page links

We found a total of 117 links including 0 link(s) to files



Statistics

External Links : noFollow 0%

External Links : Passing Juice 1.71%

Internal Links 98.29%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
Home	Internal	Passing Juice
About Us	Internal	Passing Juice
What Is Yang Sheng	Internal	Passing Juice
Editorial Team	Internal	Passing Juice
Consulting Editors	Internal	Passing Juice
Columnists	Internal	Passing Juice
Submissions	Internal	Passing Juice
Contact Us	Internal	Passing Juice
BLOG	Internal	Passing Juice
Issue Archives	Internal	Passing Juice
2011 Archives	Internal	Passing Juice

In-page links

Feb 2011	Internal	Passing Juice
March 2011	Internal	Passing Juice
April 2011	Internal	Passing Juice
May 2011	Internal	Passing Juice
June 2011	Internal	Passing Juice
July 2011	Internal	Passing Juice
August 2011	Internal	Passing Juice
September 2011	Internal	Passing Juice
October 2011	Internal	Passing Juice
November 2011	Internal	Passing Juice
December 2011	Internal	Passing Juice
2012 Archives	Internal	Passing Juice
January 2012	Internal	Passing Juice
March/April 2012	Internal	Passing Juice
May/June 2012	Internal	Passing Juice
July/August 2012	Internal	Passing Juice
September/October 2012	Internal	Passing Juice
Nov/Dec 2012	Internal	Passing Juice
2013 Archives	Internal	Passing Juice
January/February 2013	Internal	Passing Juice
March/April 2013	Internal	Passing Juice
June/July 2013	Internal	Passing Juice
August/September 2013	Internal	Passing Juice
Nov/Dec 2013	Internal	Passing Juice
2014 Archives	Internal	Passing Juice
Jan/Feb 2014	Internal	Passing Juice
March/April 2014	Internal	Passing Juice
May-June 2014	Internal	Passing Juice

In-page links

July/Aug 2014	Internal	Passing Juice
Nov/Dec 2014	Internal	Passing Juice
2015 Archives	Internal	Passing Juice
Jan/Feb 2015	Internal	Passing Juice
May-June 2015	Internal	Passing Juice
July-August 2015	Internal	Passing Juice
Columns	Internal	Passing Juice
Interesting Links	Internal	Passing Juice
Qigong (Chi Kung)	Internal	Passing Juice
Products	Internal	Passing Juice
Support Yang-Sheng	Internal	Passing Juice
Advertise and Sponsor	Internal	Passing Juice
Help Wanted	Internal	Passing Juice
Volunteers Opportunities	Internal	Passing Juice
Donations to Yang-Sheng	Internal	Passing Juice
Winter Kidney-nourishing Dietary Adjustments	Internal	Passing Juice
Food as Medicine	Internal	Passing Juice
Seasonal Harmony	Internal	Passing Juice
Diet medicine	Internal	Passing Juice
dietary adjustment	Internal	Passing Juice
Kidney	Internal	Passing Juice
nutrition therapy	Internal	Passing Juice
TCM	Internal	Passing Juice
Leave a comment	Internal	Passing Juice
Preservation of Health in Winter. Nourish the Kidney First	Internal	Passing Juice
East-West Perspectives	Internal	Passing Juice
Harmony with Nature	Internal	Passing Juice
Method of Self-Healing	Internal	Passing Juice


In-page links

Qigong effects	Internal	Passing Juice
TCM Theories	Internal	Passing Juice
wellness practice	Internal	Passing Juice
winter health	Internal	Passing Juice
1 Comment	Internal	Passing Juice
Traditional Chinese Medicine Organ Times and Meridian System	Internal	Passing Juice
Body Organ Time	Internal	Passing Juice
meridian	Internal	Passing Juice
Qigong	Internal	Passing Juice
wellness	Internal	Passing Juice
Yang-Sheng	Internal	Passing Juice
Leave a comment	Internal	Passing Juice
Qigong Fasting or Bigu: Your Best Defense Against COVID-19 &#038; Your Best Investment for Long-Term Wellness	Internal	Passing Juice
Qi Cultivation and Dao	Internal	Passing Juice
2 Comments	Internal	Passing Juice
Qigong &#038; Mindfulness May Be Your Best Defense against COVID-19	Internal	Passing Juice
Featured Article	Internal	Passing Juice
Covid-19	Internal	Passing Juice
immune system	Internal	Passing Juice
Mind-Body Exercise	Internal	Passing Juice
mindfulness	Internal	Passing Juice
3 Comments	Internal	Passing Juice
Five-Animal Play and the Five-Elements Five-Zang Theory	Internal	Passing Juice
Qigong	Internal	Passing Juice
five element theory	Internal	Passing Juice
five-animal plays	Internal	Passing Juice
wuqinxi	Internal	Passing Juice

In-page links

Bigu (Energetic Fasting) &#8212; The Most Powerful Way to Activate Self-healing	Internal	Passing Juice
Nurturing Spirit	Internal	Passing Juice
Introduction to Taiji Five-Element Qigong	Internal	Passing Juice
anti-cancer	Internal	Passing Juice
Binhui He	Internal	Passing Juice
Medical Qigong	Internal	Passing Juice
Taiji Five-element	Internal	Passing Juice
10 Comments	Internal	Passing Juice
Introducing the Latest Breakthrough in Cancer Therapy &#8212; YOU!	Internal	Passing Juice
Leave a comment	Internal	Passing Juice
Introduction to Feng-yuan Bao &#038; His Emotional-Release Therapy	Internal	Passing Juice
Emotional Health	Internal	Passing Juice
11 Comments	Internal	Passing Juice
Volunteers needed	Internal	Passing Juice
Introduction to TCM Wellness Practice in Winter	Internal	Passing Juice
TCM Energy &#038; Rehabilitation Tour (15-days Retreat)	Internal	Passing Juice
Google Translate	External	Passing Juice
Close	Internal	Passing Juice
The Twelve Tendino-Muscular Meridians. Part 1	Internal	Passing Juice
Scientific Qi Exploration: The Extraordinary Meridians or Vessels (2)	Internal	Passing Juice
Meditation Can Change Your Brain for Better & Longer...	Internal	Passing Juice
Tweet	External	Passing Juice

SEO Keywords

	Keywords Cloud	yang-sheng winter continue reading chen health chinese kevin
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SEO Keywords

energy qigong



Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
qigong	12	✗	✗	✗	✓
continue	10	✗	✗	✗	✗
reading	10	✗	✗	✗	✗
yang-sheng	9	✓	✗	✗	✓
winter	7	✗	✗	✗	✓










Usability

	Url	Domain : yang-sheng.com Length : 14
	Favicon	Very bad. We have not found shortcut icon. Icons are one of easy ways to attract regular visitors to your website more often.
	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 : 8



Document

		Warnings : 18
	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	<div><div> Excellent, your website doesn't use nested tables.</div><div> Too bad, your website is using inline styles.</div><div> Too bad, your website has too many CSS files (more than 4).</div><div> Perfect, your website has few JavaScript files.</div><div> Perfect, your website takes advantage of gzip.</div></div>

Mobile

	Mobile Optimization	<div><div> Apple Icon</div><div> Meta Viewport Tag</div><div> Flash content</div></div>
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Optimization

	XML Sitemap	<p>Missing</p> <p>Your website does not have an XML sitemap - this can be problematic.</p> <p>A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.</p>
	Robots.txt	<p>Missing</p> <p>Your website doesn't have a robots.txt file - this can be problematic.</p> <p>A robots.txt file allows you to restrict the access of search engine robots that crawl the web and it can prevent these robots from accessing specific directories and pages. It also specifies where the XML sitemap file is located.</p>

Optimization



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.