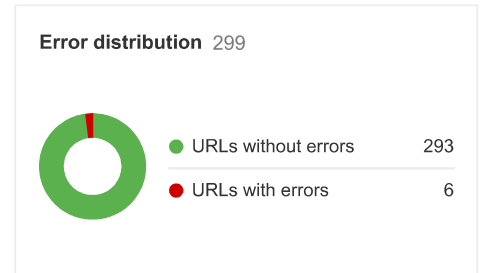
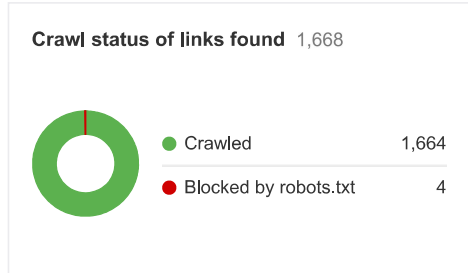
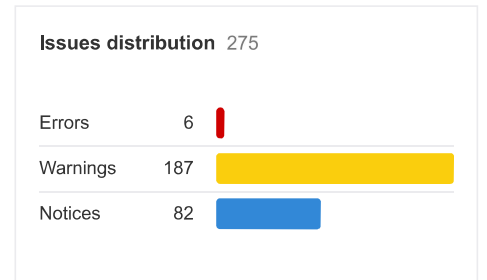
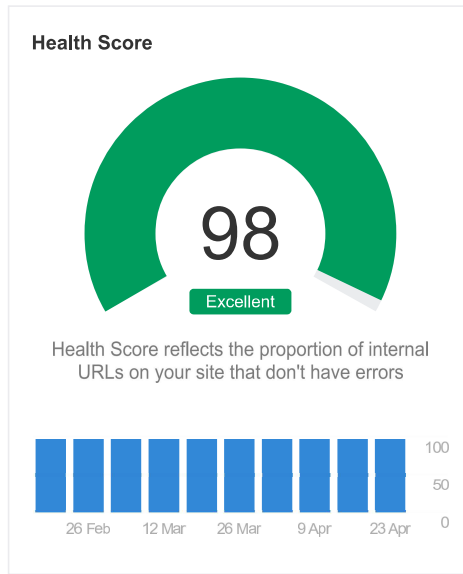
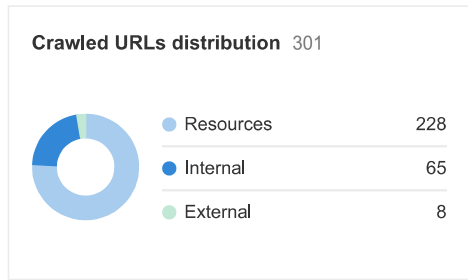


Overview [How to use](#)

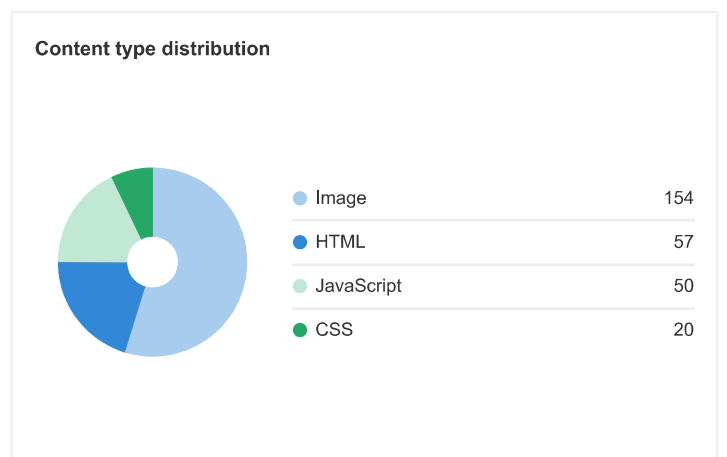
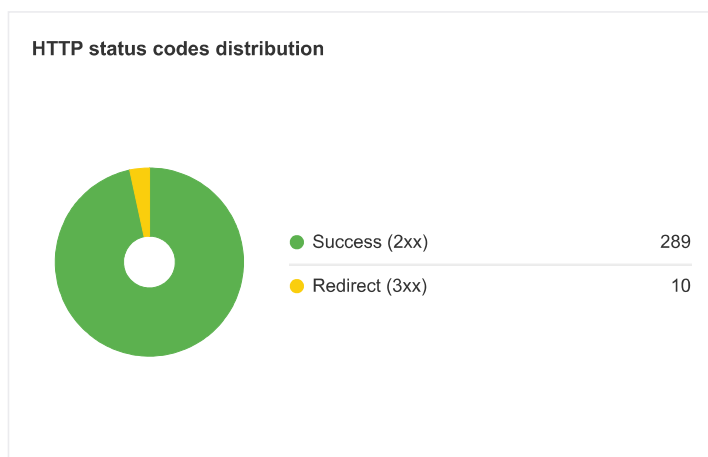


Top Issues [?](#)

[Export all issues](#)

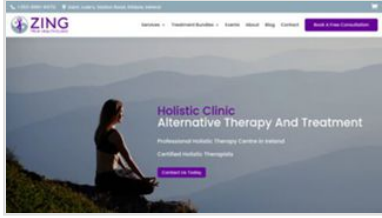
Issue	Crawled	Change	Added	New	Removed	Missing
<span>⚠</span> Orphan page (has no incoming internal links)	2	0	0	0	0	<a href="#">?</a>
<span>⚠</span> 3XX redirect in sitemap	2	0	0	0	0	<a href="#">?</a>
<span>⚠</span> Noindex page in sitemap	2	0	0	0	0	<a href="#">?</a>
<span>ℹ</span> Missing alt text	57	0	0	0	0	<a href="#">?</a>
<span>ℹ</span> Page has links to redirect	53	0	0	0	0	<a href="#">?</a>
<span>ℹ</span> Open Graph tags incomplete	25	0	0	0	0	<a href="#">?</a>
<span>ℹ</span> Meta description too long	11	0	0	0	0	<a href="#">?</a>
<span>ℹ</span> Meta description too short	8	0	0	0	0	<a href="#">?</a>
<span>ℹ</span> 3XX redirect	8	0	0	0	0	<a href="#">?</a>
<span>ℹ</span> Meta description tag missing or empty	5	0	0	0	0	<a href="#">?</a>

[View all issues](#)



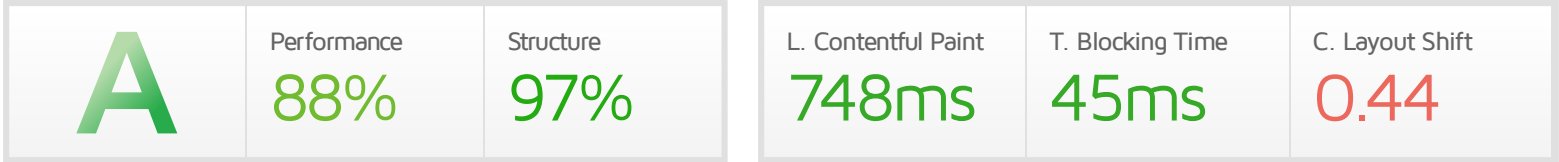
### HTTP status codes by depth level





# Performance Report for: https://zingtruehealthclinic.com/

Report generated: Sun, Apr 23, 2023 5:59 PM -0700  
 Test Server Location: Vancouver, Canada  
 Using: Chrome (Desktop) 103.0.5060.134, Lighthouse 9.6.4



## Top Issues

IMPACT	AUDIT	
Med	Avoid large layout shifts <small>CLS</small>	5 elements found
Med-Low	Use a Content Delivery Network (CDN)	26 resources found
Low	Avoid an excessive DOM size <small>TBT</small>	724 elements
Low	Properly size images	Potential savings of 183KB
Low	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 15ms

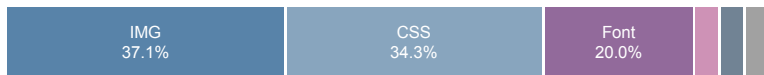
## Page Details



Total Page Size - 1.00MB



Total Page Requests - 35



HTML
JS
CSS
IMG
Video
Font
Other

### How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

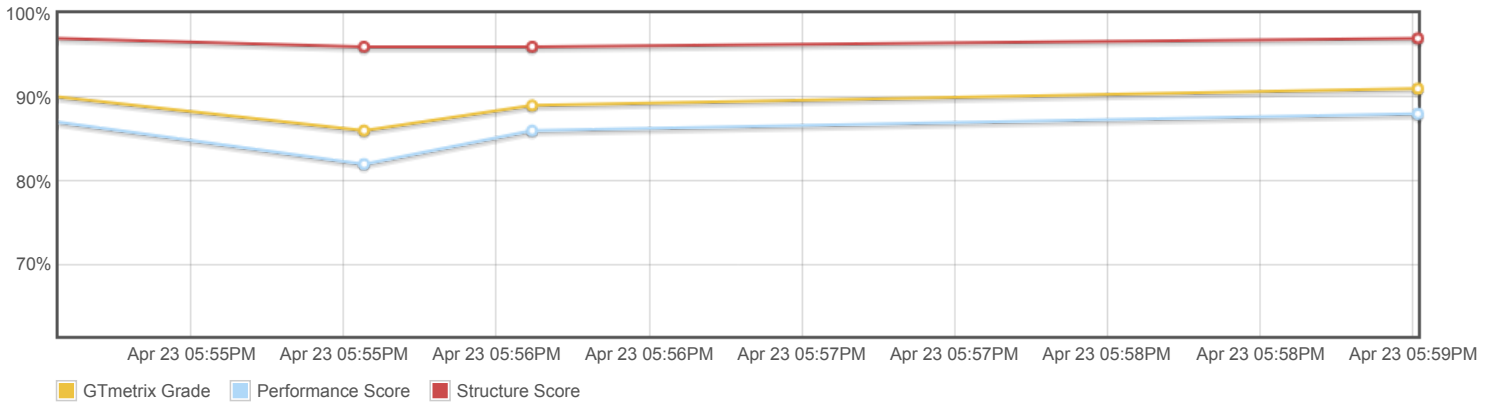
### About GTmetrix

**CARBON60**  
THE MANAGED CLOUD COMPANY

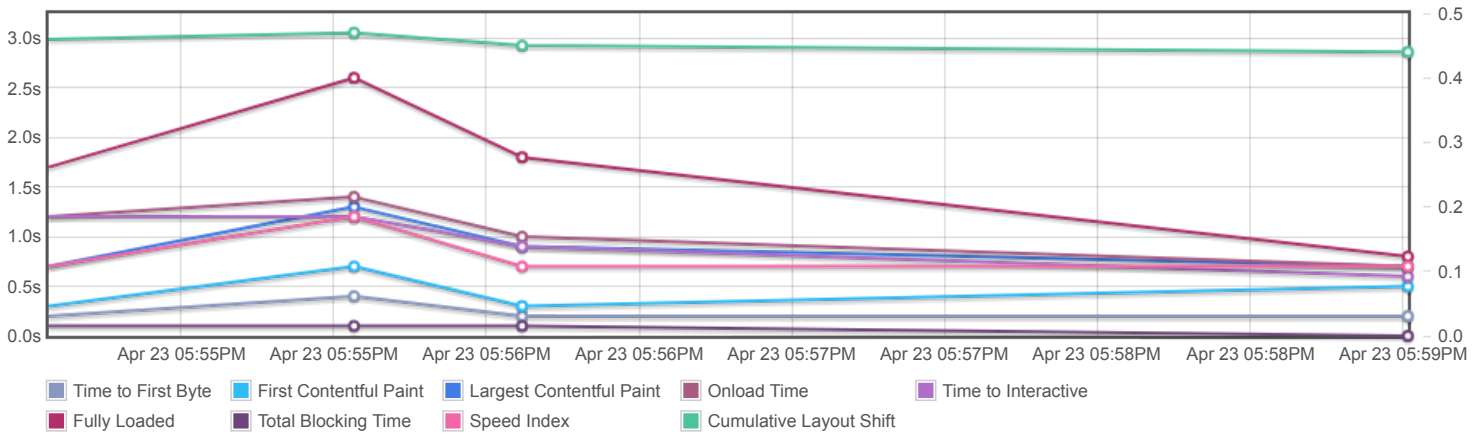
GTmetrix is developed by the good folks at Carbon60, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

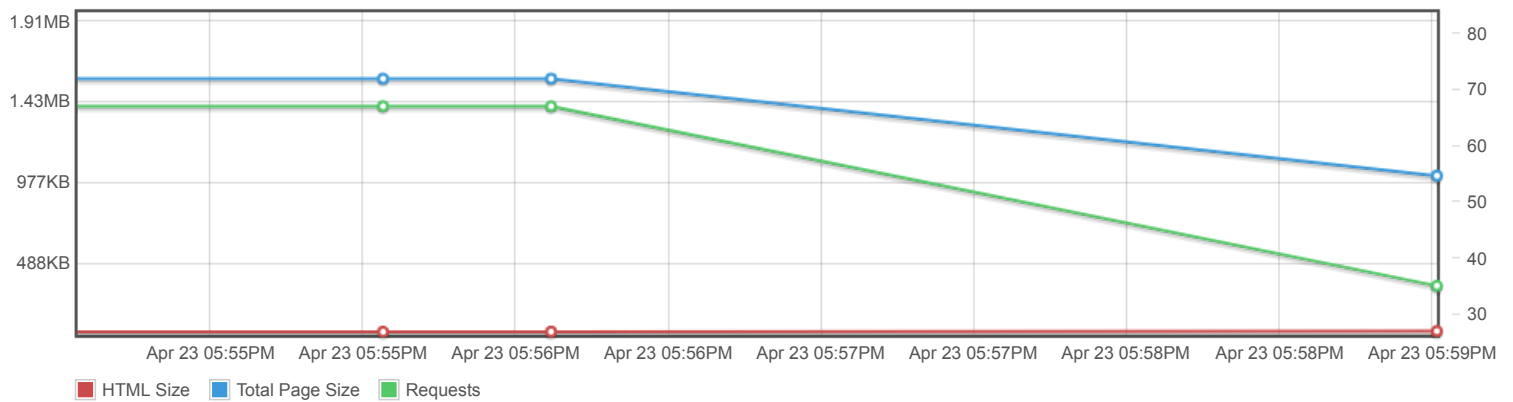
### Page scores



### Page metrics

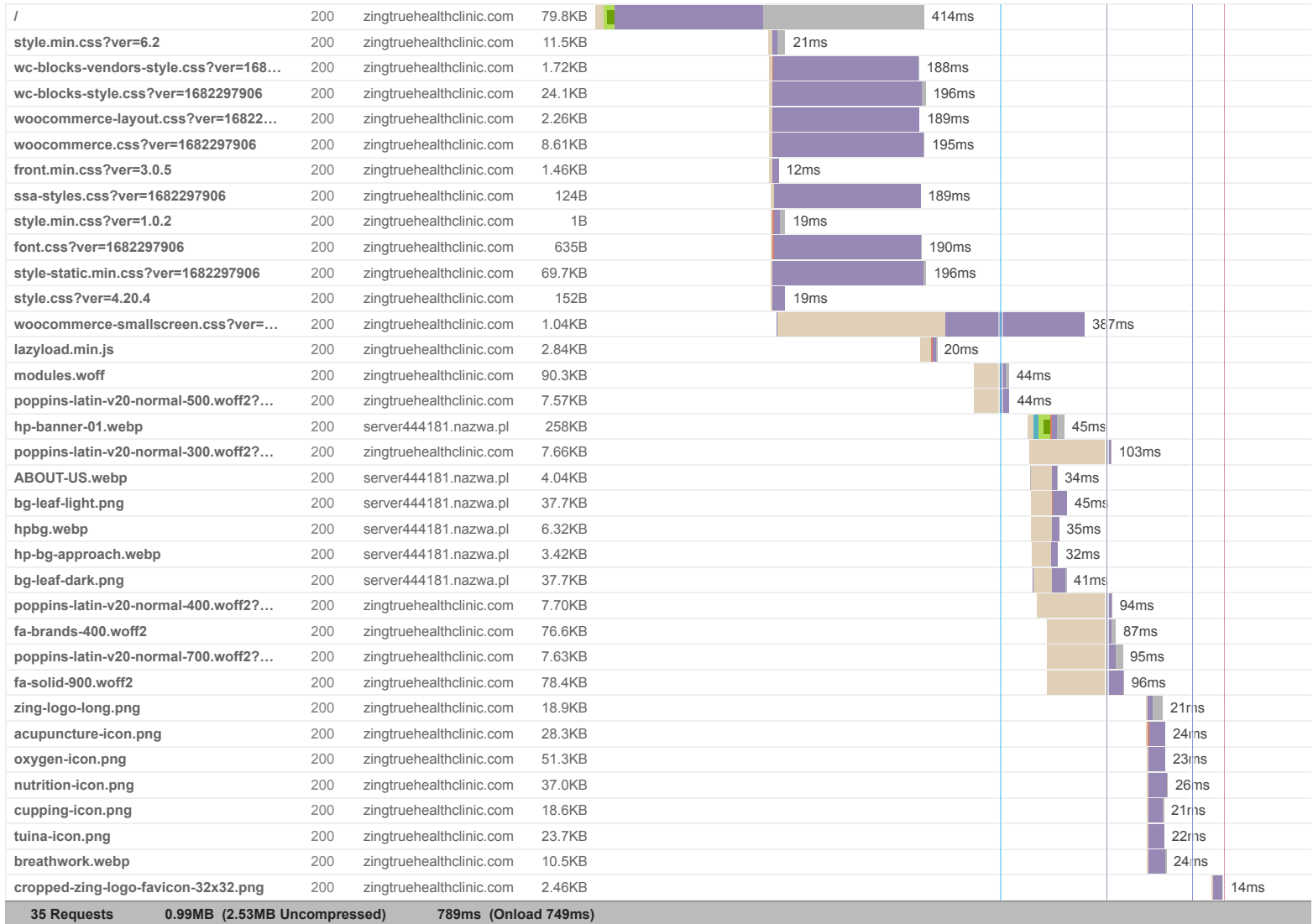


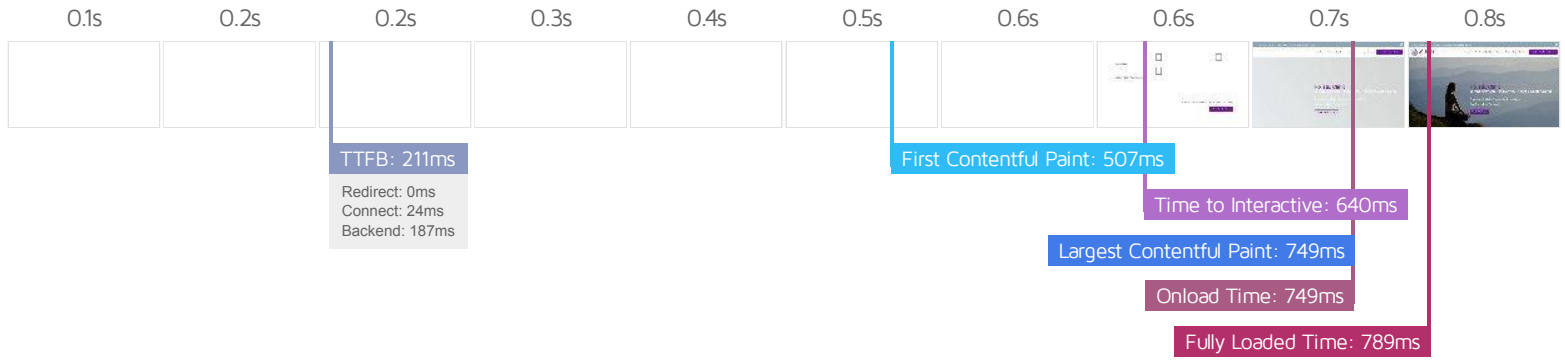
### Page sizes and request counts



The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

### Holistic Therapy & Treatment - Holistic Clinic Ireland





### Performance Metrics

<p><b>First Contentful Paint</b></p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p><b>507ms</b></p>	<p><b>Time to Interactive</b></p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p><b>640ms</b></p>
<p><b>Speed Index</b></p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p><b>727ms</b></p>	<p><b>Total Blocking Time</b></p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p><b>45ms</b></p>
<p><b>Largest Contentful Paint</b></p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p><b>748ms</b></p>	<p><b>Cumulative Layout Shift</b></p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Much more than recommended</p> <p><b>0.44</b></p>

### Browser Timings

Redirect	0ms	Connect	24ms	Backend	187ms
TTFB	211ms	First Paint	507ms	DOM Int.	639ms
DOM Loaded	640ms	Onload	749ms	Fully Loaded	789ms

IMPACT	AUDIT	
Med	<b>Avoid large layout shifts</b> <small>CLS</small>	5 elements found
Med-Low	<b>Use a Content Delivery Network (CDN)</b>	26 resources found
Low	<b>Avoid an excessive DOM size</b> <small>TBT</small>	724 elements
Low	<b>Properly size images</b>	Potential savings of 183KB
Low	<b>Eliminate render-blocking resources</b> <small>FCP LCP</small>	Potential savings of 15ms
Low	<b>Reduce unused CSS</b> <small>FCP LCP</small>	Potential savings of 104KB
Low	<b>Avoid enormous network payloads</b> <small>LCP</small>	Total size was 1.00MB
Low	<b>Avoid long main-thread tasks</b> <small>TBT</small>	1 long task found
Low	<b>Reduce JavaScript execution time</b> <small>TBT</small>	23ms spent executing JavaScript
Low	<b>Serve images in next-gen formats</b>	Potential savings of 160KB
Low	<b>Reduce initial server response time</b> <small>FCP LCP</small>	Root document took 187ms
Low	<b>Avoid serving legacy JavaScript to modern browsers</b> <small>TBT</small>	Potential savings of 167B
Low	<b>Defer offscreen images</b>	Potential savings of 41.1KB
Low	<b>Avoid non-composited animations</b> <small>CLS</small>	9 animated elements found
Low	<b>Avoid chaining critical requests</b> <small>FCP LCP</small>	16 chains found
N/A	<b>Largest Contentful Paint element</b> <small>LCP</small>	1 element found
N/A	<b>Minimize main-thread work</b> <small>TBT</small>	Main-thread busy for 464ms
N/A	<b>User Timing marks and measures</b>	
N/A	<b>Reduce the impact of third-party code</b> <small>TBT</small>	