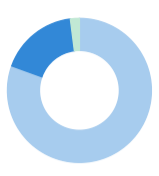


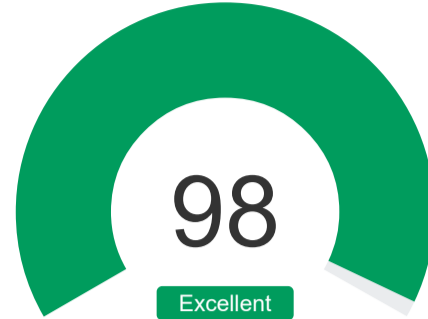
Overview [How to use](#)

Crawled URLs distribution 298



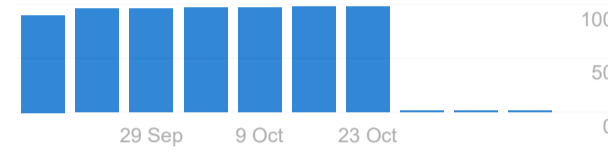
Resources	240
Internal	52
External	6

Health Score



98
Excellent

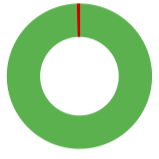
Health Score reflects the proportion of internal URLs on your site that don't have errors



Issues distribution 197


Errors	4
Warnings	175
Notices	18

Crawl status of links found 718



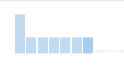
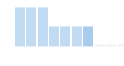



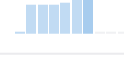
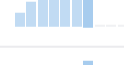
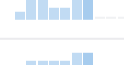


Crawled	715
Blocked by robots.txt	3

Error distribution 198

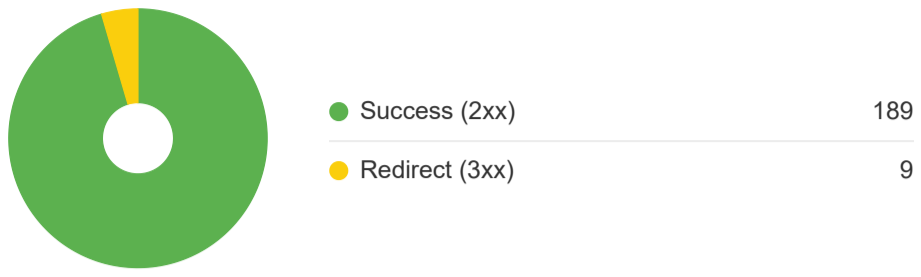


URLs without errors	194
URLs with errors	4

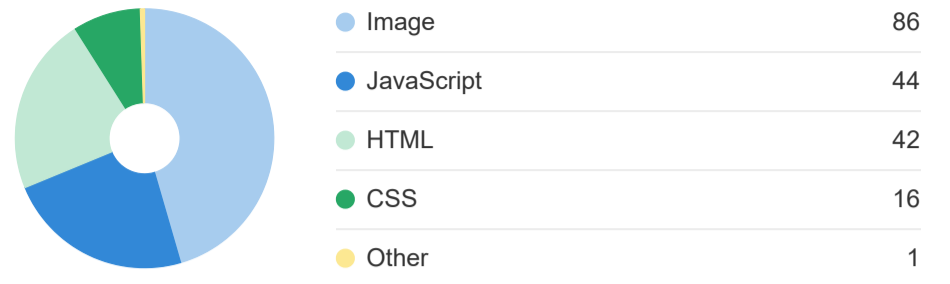
Export all issues

Issue	Crawled	Change	Added	New	Removed	Missing	
! Noindex page in sitemap	2	0	0	0	0	0	
! Orphan page (has no incoming internal links)	1	0	0	0	0	0	
<h4>Issue details</h4> <p>Orphan pages of a website have no incoming internal links.</p> <p>Search engine crawlers can only discover such pages from the sitemap file or from external backlinks. Website visitors won't be able to get to this page from any other page on your website.</p> <h4>How to fix</h4> <p>Check your website navigation and link architecture to make sure all relevant pages are easily accessible.</p> <p>Learn more</p> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> View affected URLs Close </div>							
! Image file size too large	1	0	0	0	0	0	
! 3XX redirect in sitemap	1	0	0	0	0	0	
i Slow page	42	28 ▲	25	3	0	0	
i Missing alt text	42	3 ▲	0	3	0	0	
i Open Graph tags incomplete	38	4 ▲	1	3	0	0	
i Meta description tag missing or empty	10	3 ▲	0	3	0	0	
i 3XX redirect	9	0	0	0	0	0	
i Meta description too short	9	0	0	0	0	0	

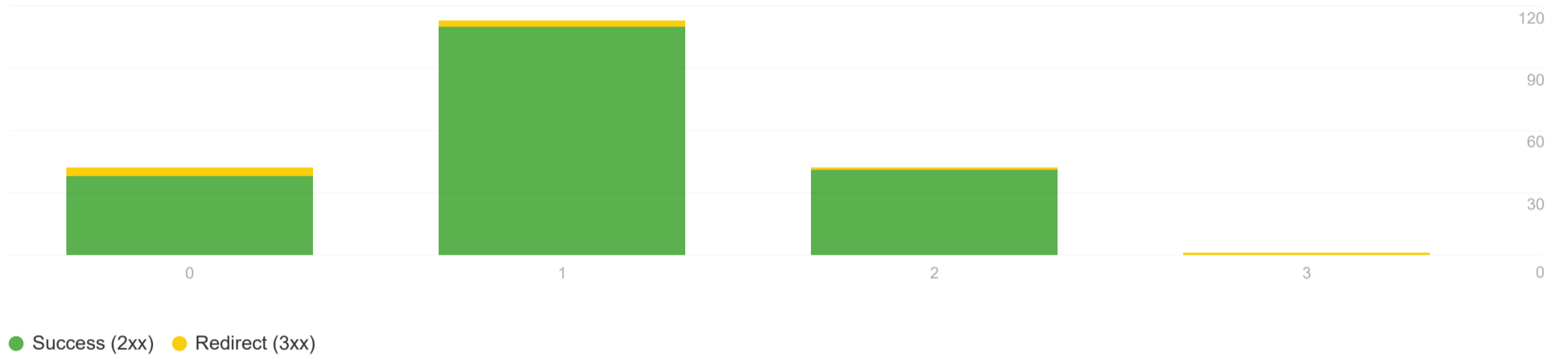
HTTP status codes distribution



Content type distribution



HTTP status codes by depth level





Performance Report for: <https://zingtruehealthclinic.com/gua-sha-treatment-and-therapy/>

Report generated: Thu, Oct 27, 2022 3:12 AM -0700
 Test Server Location: Vancouver, Canada
 Using: Chrome (Desktop) 103.0.5060.134, Lighthouse 9.6.4



Top Issues

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	28 resources found
Low	Enable text compression <small>FCP LCP</small>	Potential savings of 262KB
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 1.99MB
Low	Avoid long main-thread tasks <small>TBT</small>	7 long tasks found
Low	Reduce JavaScript execution time <small>TBT</small>	530ms spent executing JavaScript

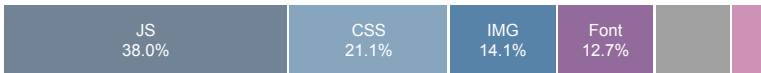
Page Details



Total Page Size - 1.99MB



Total Page Requests - 71



■ 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.**

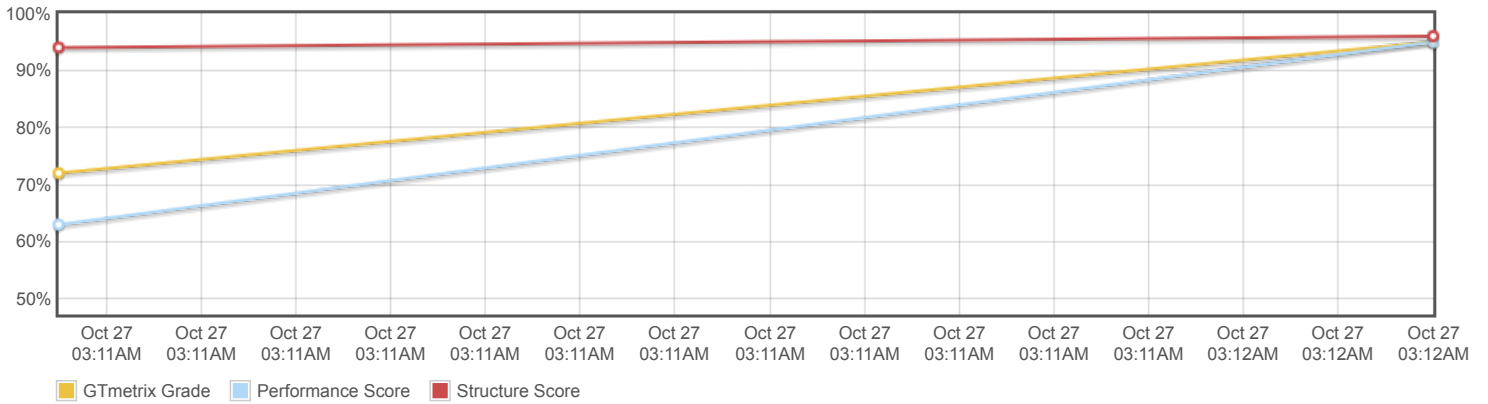
About GTmetrix



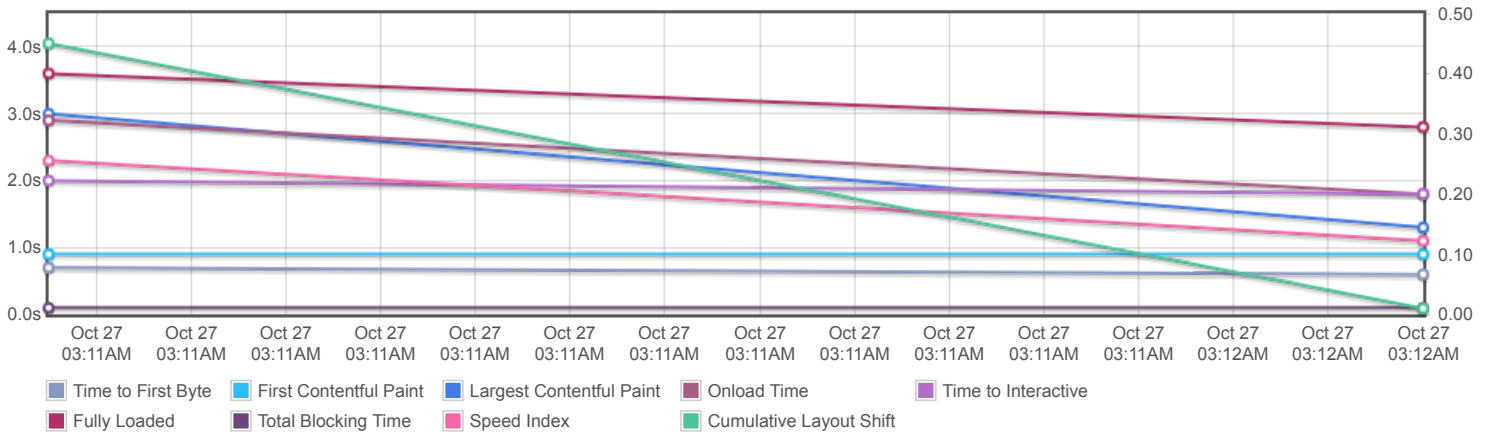
GTmetrix is developed by the good folks at Carbon60, a Canadian hosting company with over 26 years experience in web technology.

<https://carbon60.com/>

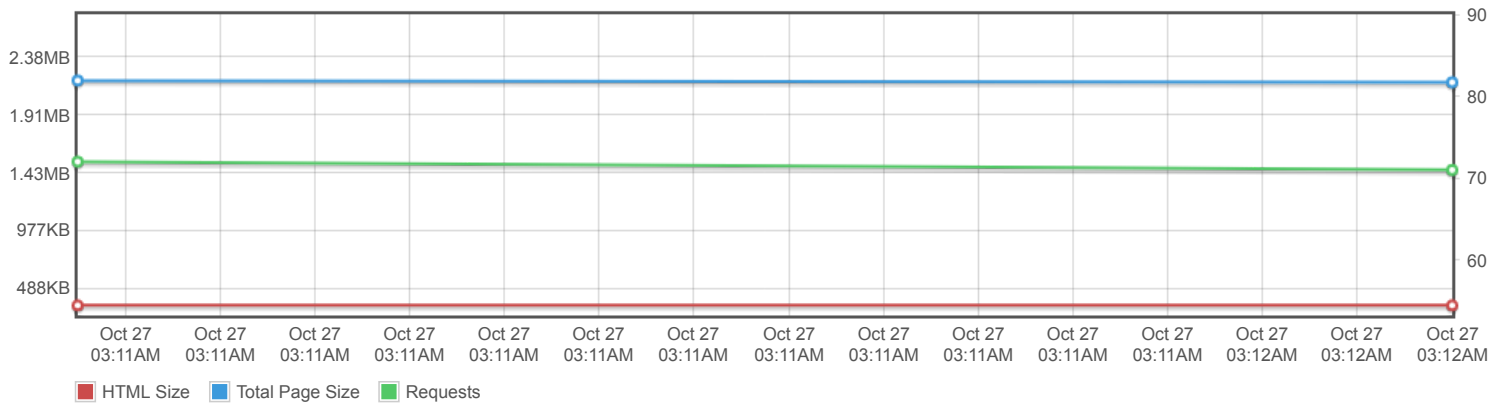
Page scores



Page metrics



Page sizes and request counts

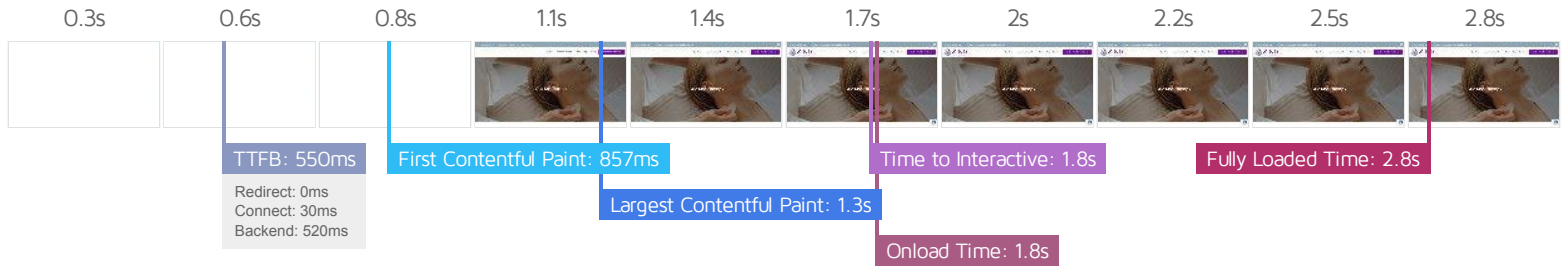


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Gua Sha - ZING The True Health Clinic

Resource	Size	Source	Weight	Response Time	Waterfall Bar	Label
gua-sha-treatment-and-therapy/	200	zingtruehealthclinic.com	344KB	592ms	[Bar]	
818c0.js	(canceled)	zingtruehealthclinic.com	0		[Bar]	1.9s
6d18f.js	(canceled)	zingtruehealthclinic.com	0		[Bar]	1.2s
dc06c.js	(canceled)	zingtruehealthclinic.com	0		[Bar]	1.2s
63a69.js	(canceled)	zingtruehealthclinic.com	0		[Bar]	1.8s
b4041.js	(canceled)	zingtruehealthclinic.com	0		[Bar]	2.1s
5e72c.js	(canceled)	zingtruehealthclinic.com	0		[Bar]	2.2s
1615d.js	(canceled)	zingtruehealthclinic.com	0		[Bar]	2.2s
3c419.css	(canceled)	zingtruehealthclinic.com	0		[Bar]	1.7s
7cd2d.css	(canceled)	zingtruehealthclinic.com	0		[Bar]	1.7s
c3188.css	(canceled)	zingtruehealthclinic.com	0		[Bar]	1.5s
4bedf.css	(canceled)	zingtruehealthclinic.com	0		[Bar]	1.8s
wc-blocks-vendors-style.css?ver=8.5.1	200	zingtruehealthclinic.com	1.71KB	10ms	[Bar]	
wc-blocks-style.css?ver=8.5.1	200	zingtruehealthclinic.com	21.2KB	23ms	[Bar]	
woocommerce-layout.css?ver=7.0.0	200	zingtruehealthclinic.com	2.28KB	13ms	[Bar]	
woocommerce.css?ver=7.0.0	200	zingtruehealthclinic.com	8.25KB	21ms	[Bar]	
A.ssa-styles.css,qver=1.6.0.1.pagesp...	200	zingtruehealthclinic.com	124B	22ms	[Bar]	
woocommerce-smallscreen.css?ver=...	200	zingtruehealthclinic.com	1.04KB	119ms	[Bar]	
et-divi-dynamic-tb-20-tb-205-1161.css...	200	zingtruehealthclinic.com	4.19KB	113ms	[Bar]	
style.min.css?ver=1.0.2	200	zingtruehealthclinic.com	1B	17ms	[Bar]	
A.style.css,qver=4.18.0.pagespeed.cf...	200	zingtruehealthclinic.com	1B	13ms	[Bar]	
jquery.min.js?ver=3.6.0	200	zingtruehealthclinic.com	29.6KB	23ms	[Bar]	
jquery-migrate.min.js?ver=3.3.2	200	zingtruehealthclinic.com	3.90KB	22ms	[Bar]	
js?id=G-4E4Y1T1LFZ	200	googletagmanager.com	88.7KB	153ms	[Bar]	
jquery.blockUI.min.js?ver=2.7.0-wc.7....	200	zingtruehealthclinic.com	3.17KB	25ms	[Bar]	
add-to-cart.min.js?ver=7.0.0	200	zingtruehealthclinic.com	977B	25ms	[Bar]	
js.cookie.min.js?ver=2.1.4-wc.7.0.0	200	zingtruehealthclinic.com	900B	31ms	[Bar]	
woocommerce.min.js?ver=7.0.0	200	zingtruehealthclinic.com	679B	32ms	[Bar]	
cart-fragments.min.js?ver=7.0.0	200	zingtruehealthclinic.com	935B	33ms	[Bar]	
scripts.min.js?ver=4.18.0	200	zingtruehealthclinic.com	55.9KB	40ms	[Bar]	
es6-promise.auto.min.js?ver=4.18.0	200	zingtruehealthclinic.com	2.50KB	35ms	[Bar]	
api.js?render=6Lfe2YEiAAAAAFNdv...	200	google.com	585B	61ms	[Bar]	
recaptcha.js?ver=4.18.0	200	zingtruehealthclinic.com	661B	36ms	[Bar]	
frontend-bundle.min.js?ver=1.0.2	200	zingtruehealthclinic.com	277B	37ms	[Bar]	
common.js?ver=4.18.0	200	zingtruehealthclinic.com	490B	38ms	[Bar]	
api.js?render=6Lfe2YEiAAAAAFNdv...	200	google.com	585B	59ms	[Bar]	
lazyload.min.js	200	zingtruehealthclinic.com	2.18KB	93ms	[Bar]	
recaptcha_en.js	200	gstatic.com	158KB	70ms	[Bar]	
Guasha-page-banner.webp	200	zingtruehealthclinic.com	664KB	45ms	[Bar]	
bg-leaf-light.png	200	server444181.nazwa.pl	37.7KB	223ms	[Bar]	
hpbp.webp	200	server444181.nazwa.pl	6.32KB	223ms	[Bar]	
hpbp.webp	200	zingtruehealthclinic.com	6.32KB	21ms	[Bar]	
fa-solid-900.woff2	200	zingtruehealthclinic.com	78.4KB	158ms	[Bar]	
pxiByp8kv8JHgFVrLGT9Z1JIFQ.woff2	200	fonts.gstatic.com	10.4KB	149ms	[Bar]	
modules.ttf	200	zingtruehealthclinic.com	35.5KB	161ms	[Bar]	
pxiByp8kv8JHgFVrLDz8Z1JIFQ.woff2	200	fonts.gstatic.com	10.5KB	151ms	[Bar]	
fa-brands-400.woff2	200	zingtruehealthclinic.com	76.6KB	158ms	[Bar]	
et-divi-dynamic-tb-20-tb-205-1161.css...	200	zingtruehealthclinic.com	0	18ms	[Bar]	
POST ?wc-ajax=get_refreshed_fragm...	200	zingtruehealthclinic.com	210B		[Bar]	995ms
anchor?ar=1&k=6Lfe2YEiAAAAAFNd...	200	google.com	21.3KB	54ms	[Bar]	
anchor?ar=1&k=6Lfe2YEiAAAAAFNd...	200	google.com	21.0KB	65ms	[Bar]	
xxzing-logo-long.png,Mic.CeFRPJYdk...	200	zingtruehealthclinic.com	10.2KB	14ms	[Bar]	
xxwhat-is-guasha.webp,Mic.2lq0r_0R...	200	zingtruehealthclinic.com	52.2KB	15ms	[Bar]	
styles_ltr.css	200	gstatic.com	23.7KB	35ms	[Bar]	

recaptcha_en.js	200	gstatic.com	158KB	50ms
styles_ltr.css	200	gstatic.com	23.7KB	36ms
recaptcha_en.js	200	gstatic.com	158KB	49ms
10850458193?random=166686552536...	200	googleads.g.doublecli...	0.98KB	223ms
logo_48.png	200	gstatic.com	2.20KB	12ms
KFOmCnqEu92Fr1Mu4mxK.woff2	200	fonts.gstatic.com	15.0KB	178ms
KFOICnqEu92Fr1MmEU9fBBc4.woff2	200	fonts.gstatic.com	15.2KB	178ms
logo_48.png	200	gstatic.com	0	24ms
KFOmCnqEu92Fr1Mu4mxK.woff2	200	fonts.gstatic.com	15.0KB	129ms
KFOICnqEu92Fr1MmEU9fBBc4.woff2	200	fonts.gstatic.com	15.2KB	129ms
10850458193?random=166686552536...	200	google.com	64B	26ms
10850458193?random=166686552536...	200	google.ca	42B	66ms
webworker.js?hl=en&v=NJPGLzplZgj...	200	google.com	134B	26ms
webworker.js?hl=en&v=NJPGLzplZgj...	200	google.com	112B	13ms
xcropped-zing-logo-favicon-32x32.pn...	200	zingtruehealthclinic.com	1.32KB	8ms
POST reload?k=6Lfe2YEiAAAAAFNd...	200	google.com	18.0KB	68ms
POST reload?k=6Lfe2YEiAAAAAFNd...	200	google.com	18.2KB	56ms
71 Requests	2.17MB (3.84MB Uncompressed)	2.8s (Onload 1.8s)		



Performance Metrics

<p>First Contentful Paint</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>856ms</p>	<p>Time to Interactive</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>1.8s</p>
<p>Speed Index</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>1.1s</p>	<p>Total Blocking Time</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>106ms</p>
<p>Largest Contentful Paint</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>OK, but consider improvement</p> <p>1.3s</p>	<p>Cumulative Layout Shift</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>Good - Nothing to do here</p> <p>0.01</p>

Browser Timings

Redirect	0ms	Connect	30ms	Backend	520ms
TTFB	550ms	First Paint	857ms	DOM Int.	863ms
DOM Loaded	868ms	Onload	1.8s	Fully Loaded	2.8s

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	28 resources found
Low	Enable text compression <small>FCP LCP</small>	Potential savings of 262KB
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 1.99MB
Low	Avoid long main-thread tasks <small>TBT</small>	7 long tasks found
Low	Reduce JavaScript execution time <small>TBT</small>	530ms spent executing JavaScript
Low	Avoid an excessive DOM size <small>TBT</small>	452 elements
Low	Properly size images	Potential savings of 50.0KB
Low	Serve static assets with an efficient cache policy	Potential savings of 6.51KB
Low	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 0 ms
Low	Reduce unused CSS <small>FCP LCP</small>	Potential savings of 139KB
Low	Serve images in next-gen formats	Potential savings of 20.0KB
Low	Reduce initial server response time <small>FCP LCP</small>	Root document took 519ms
Low	Defer offscreen images	Potential savings of 6.32KB
Low	Avoid chaining critical requests <small>FCP LCP</small>	27 chains found
Low	Reduce unused JavaScript <small>LCP</small>	Potential savings of 175KB
N/A	Largest Contentful Paint element <small>LCP</small>	1 element found
N/A	Avoid large layout shifts <small>CLS</small>	5 elements found
N/A	Minimize main-thread work <small>TBT</small>	Main-thread busy for 1.2s
N/A	Reduce the impact of third-party code <small>TBT</small>	Third-party code blocked the main thread for 34ms
N/A	User Timing marks and measures	