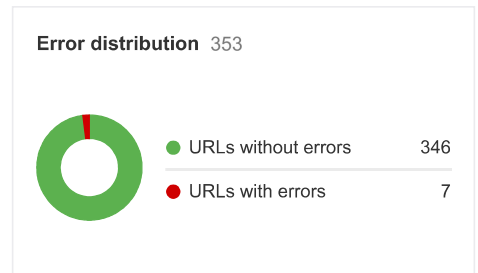
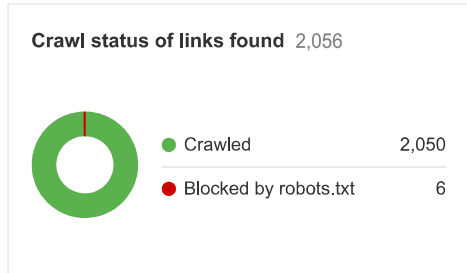
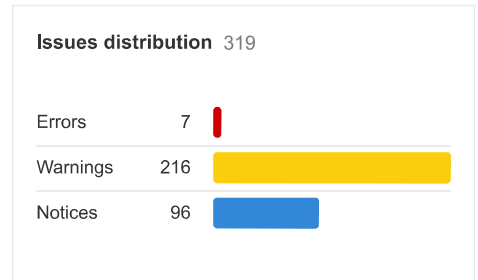
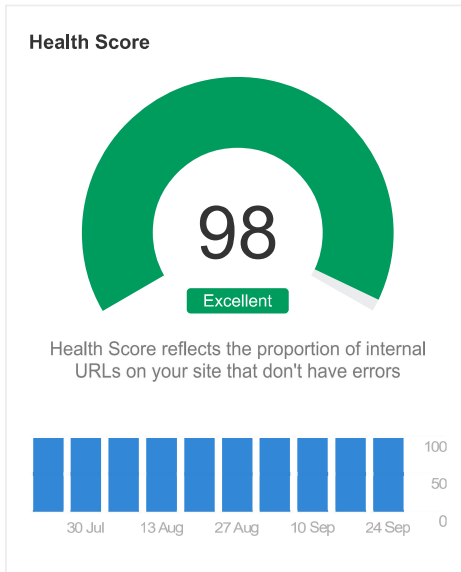
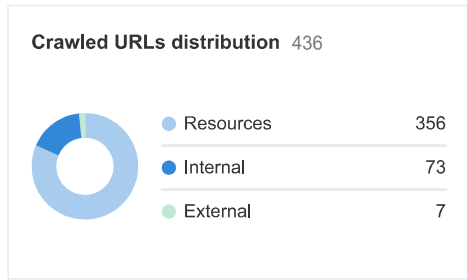


Overview [How to use](#)

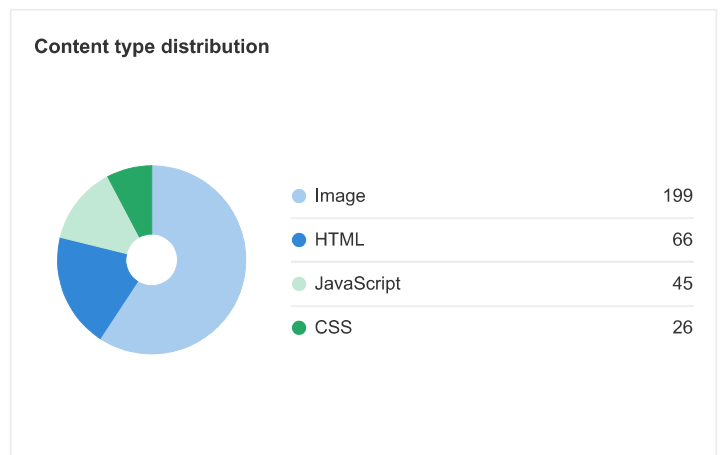
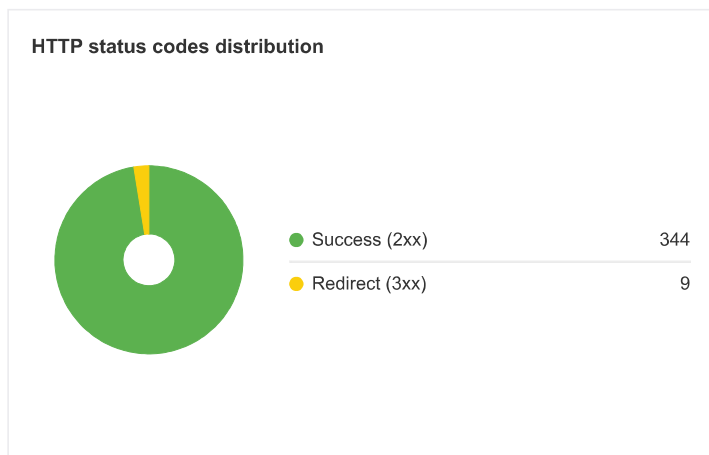


What's new **Top issues**

[Export all issues](#)

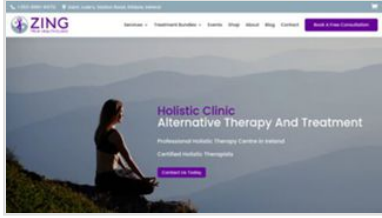
Issue	Crawled	Change	Added	New	Removed	Missing
⚠ Orphan page (has no incoming internal links)	<u>3</u>	1 ▲	0	1	0	0
ⓘ CSS file size too large	<u>4</u>	2 ▲	0	2	0	0
ⓘ Missing alt text	<u>66</u>	2 ▲	0	2	0	0
ⓘ Page has links to redirect	<u>61</u>	2 ▲	0	2	0	0
ⓘ Open Graph tags incomplete	<u>29</u>	2 ▲	0	2	0	0
ⓘ Meta description too short	<u>10</u>	1 ▲	0	1	0	0
ⓘ Organic traffic dropped	New <u>4</u>	4 ▲	—	—	—	—
ⓘ SERP title changed	New <u>2</u>	2 ▲	—	—	—	—
ⓘ Multiple H1 tags	<u>57</u>	1 ▲	0	1	0	0

[View all issues](#)



HTTP status codes by depth level





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

Report generated: Thu, Sep 28, 2023 1:09 AM -0700
 Test Server Location: Vancouver, Canada
 Using: Chrome (Desktop) 103.0.5060.134, Lighthouse 9.6.4

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	98%	99%	1.0s	0ms	0.04

Top Issues

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	14 resources found
Low	Properly size images	Potential savings of 183KB
Low	Avoid an excessive DOM size <small>TBT</small>	644 elements
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 0.96MB
Low	Reduce JavaScript execution time <small>TBT</small>	29ms spent executing JavaScript

Page Details



Total Page Size - 0.96MB



Total Page Requests - 27



■ 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

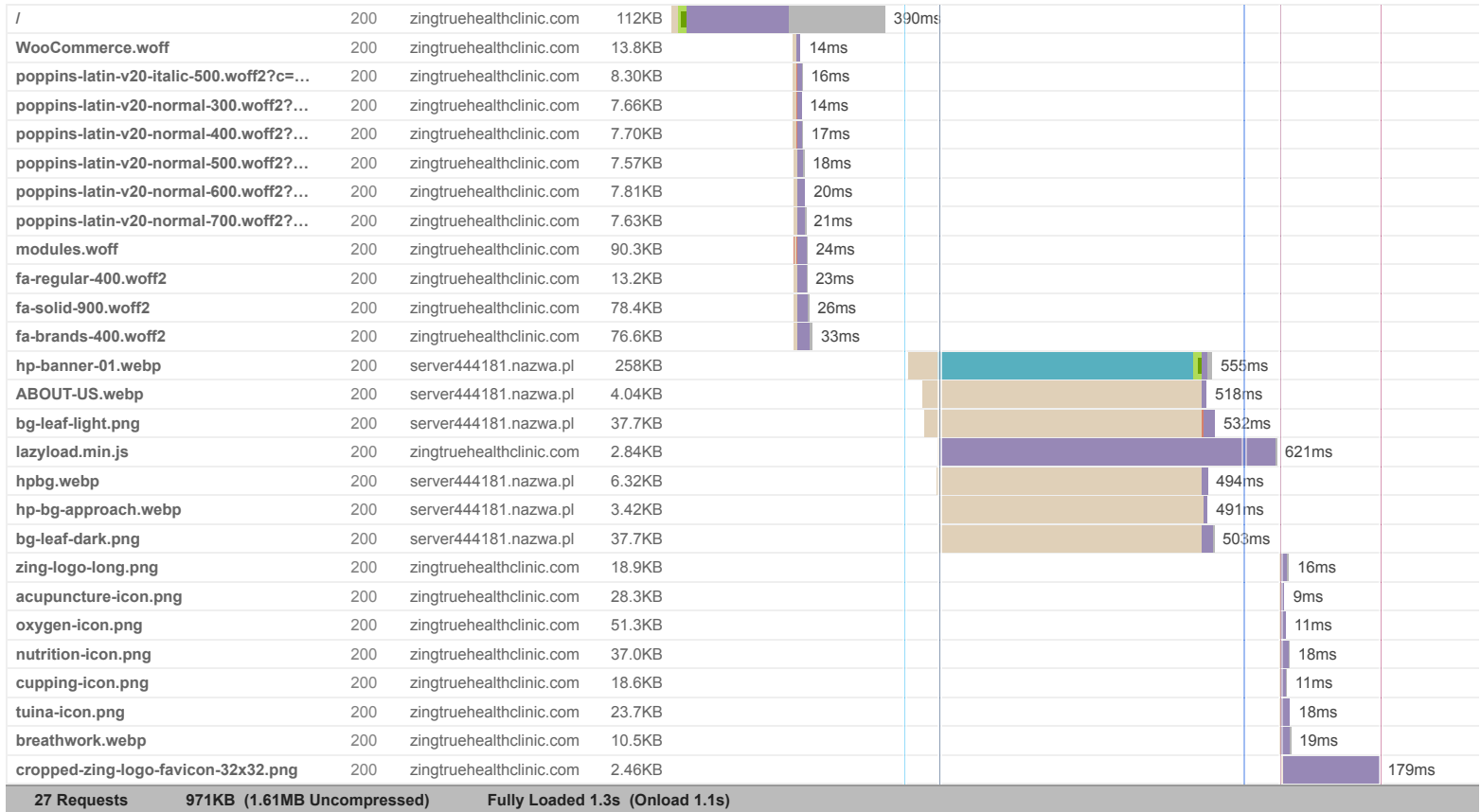


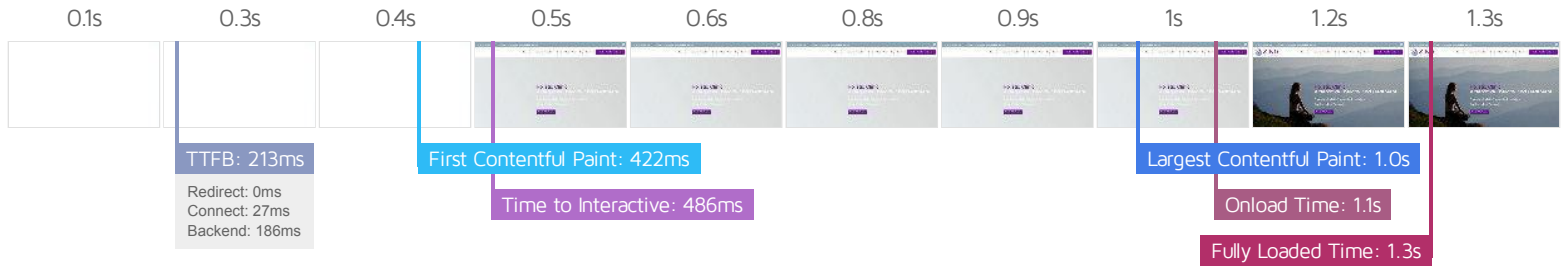
GTmetrix is developed by the good folks at Carbon60, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

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>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>422ms</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>485ms</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>982ms</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>0ms</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>Good - Nothing to do here</p> <p>1.0s</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>0.04</p>

Browser Timings

Redirect	0ms	Connect	27ms	Backend	186ms
TTFB	213ms	First Paint	422ms	DOM Int.	485ms
DOM Loaded	486ms	Onload	1.1s	Fully Loaded	1.3s

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	14 resources found
Low	Properly size images	Potential savings of 183KB
Low	Avoid an excessive DOM size <small>TBT</small>	644 elements
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 0.96MB
Low	Reduce JavaScript execution time <small>TBT</small>	29ms spent executing JavaScript
Low	Reduce unused CSS <small>FCP LCP</small>	Potential savings of 47.3KB
Low	Serve images in next-gen formats	Potential savings of 160KB
Low	Reduce initial server response time <small>FCP LCP</small>	Root document took 185ms
Low	Avoid serving legacy JavaScript to modern browsers <small>TBT</small>	Potential savings of 167B
Low	Avoid large layout shifts <small>CLS</small>	1 element found
Low	Avoid chaining critical requests <small>FCP LCP</small>	
N/A	Largest Contentful Paint element <small>LCP</small>	1 element found
N/A	Minimize main-thread work <small>TBT</small>	Main-thread busy for 201ms
N/A	User Timing marks and measures	
N/A	Reduce the impact of third-party code <small>TBT</small>	