



Webside score howtorewirey ourbrainfromaddiction.com

Genereret Januar 19 2026 17:44 PM

Scoren er **81/100**



SEO Indhold

	Titel	<p>How to Rewire Your Brain From Addiction: Recovery Explained</p> <p>Længde : 59</p> <p>Perfekt, din titel indeholder mellem 10 og 70 bogstaver.</p>												
	Beskrivelse	<p>Discover how to rewire your brain from addiction and how long it takes. Learn the science of recovery and ways to rebuild healthy habits.</p> <p>Længde : 137</p> <p>Perfekt, din meta beskrivelse indeholder mellem 70 og 160 karakterer.</p>												
	Nøgleord	<p>Dårligt! Vi kan ikke finde nogle meta nøgleord på din side! Brug denne gratis online meta generator for at oprette nye nøgleord.</p>												
	Og Meta Egenskaber	<p>Godt, din side benytter Og egenskaberne</p> <table border="1" data-bbox="544 1279 1481 1727"> <thead> <tr> <th>Egenskab</th> <th>Indhold</th> </tr> </thead> <tbody> <tr> <td>title</td> <td>How to Rewire Your Brain From Addiction: Recovery Explained</td> </tr> <tr> <td>description</td> <td>Discover how to rewire your brain from addiction and how long it takes. Learn the science of recovery and ways to rebuild healthy habits.</td> </tr> <tr> <td>type</td> <td>website</td> </tr> </tbody> </table>	Egenskab	Indhold	title	How to Rewire Your Brain From Addiction: Recovery Explained	description	Discover how to rewire your brain from addiction and how long it takes. Learn the science of recovery and ways to rebuild healthy habits.	type	website				
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	Overskrifter	<table border="1" data-bbox="544 1749 1481 1827"> <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>7</td> <td>2</td> <td>21</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="616 1854 1497 2056" style="list-style-type: none"> • [H1] How to Rewire Your Brain From Addiction and How Long It Takes • [H2] Introduction • [H2] How Addiction Changes the Brain • [H2] How to Rewire Your Brain From Addiction • [H2] How Long Does It Take to Rewire the Brain? 	H1	H2	H3	H4	H5	H6	1	7	2	21	0	0
H1	H2	H3	H4	H5	H6									
1	7	2	21	0	0									

SEO Indhold

		<ul style="list-style-type: none">• [H2] Supporting Brain Recovery• [H2] Conclusion• [H2] FAQ• [H3] Nia O'Connor• [H3] Different classes, different brain stories• [H4] About the Author• [H4] Nia's Posts:• [H4] Opioids• [H4] Alcohol• [H4] Stimulants (e.g., cocaine; amphetamines including methamphetamine)• [H4] Marijuana (Cannabis)• [H4] Synthetic drugs (several families)• [H4] "Changing everything," not just stopping use• [H4] Rebuilding identity• [H4] A long road with stages• [H4] Universal life stuff shows up here, too• [H4] Balanced nutrition supports brain healing• [H4] Adequate sleep strengthens memory and focus• [H4] Continuous therapy improves emotional regulation• [H4] How to rewire your brain from addiction?• [H4] How long to rewire brain from addiction?• [H4] How long does it take to rewire brain from addiction?• [H4] How long does it take to rewire your brain from addiction?• [H4] What helps rewire the brain from addiction?• [H4] Can the brain fully recover from addiction?• [H4] How does dopamine reset during addiction recovery?
	Billeder	Vi fandt 8 billeder på denne side. Godt, de fleste eller alle af dine billeder har ALT tags.
	Text/HTML balance	Balance : 67% Optimalt! Denne sides text til HTML fordeling er mellem 25 og 70 procent.
	Flash	Perfekt, ingen Flash objekter er blevet fundet på siden.
	iFrame	Perfekt, der er ikke nogen iFrames på din side!

SEO Links

	URL Omskrivning	Godt. Dine links ser venlige ud!
	Underscores i links	Perfekt! Ingen underscores blev fundet i dine links

SEO Links

	On-page links	Vi fandt et total af 5 links inkluderende 0 link(s) til filer
	Statistics	Eksterne Links : noFollow 0% Eksterne Links : Sender Juice 0% Interne Links 100%

On-page links

Anker	Type	Juice
Introduction	Intern	Sender Juice
Brain Changes	Intern	Sender Juice
How to Rewire	Intern	Sender Juice
Timeline	Intern	Sender Juice
FAQ	Intern	Sender Juice

SEO Nøgleord

	Nøgleords cloud	addiction support people from long how rewire days months brain
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Nøgleords balance

Nøgleord	Indhold	Titel	Nøgleord	Beskrivelse	Overskrifter
brain	31	✓	✗	✓	✓
how	24	✓	✗	✓	✓
addiction	20	✓	✗	✓	✓
from	19	✓	✗	✓	✓
rewire	15	✓	✗	✓	✓

Brugervenlighed

	Link	Domæne : howtorewireyourbrainfromaddiction.com Længde : 37
	Favikon	Godt, din side har et Favikon!
	Printervenlighed	Vi kunne ikke finde en printer venlig CSS skabelon.
	Sprog	Godt, dit tildelte sprog er en.
	Dublin Core	Denne side benytter IKKE Dublin Core principperne.

Dokument

	Dokumenttype	HTML 5
	Kryptering	Perfekt. Dit Charset er tildelt UTF-8.
	W3C Validering	Fejl : 0 Advarsler : 0
	Email Privatliv	Godt! Ingen email adresser er blevet fundet i rå tekst!
	Udgået HTML	Godt! Vi har ikke fundet udgåede HTML tags i din kildekode
	Hastigheds Tips	<ul style="list-style-type: none">✔ Alle tiders! Din webside bruger ikke nastede tabeller.✔ Perfekt. Ingen inline CSS kode er blevet fundet i dine HTML tags!✔ Godt, din website har få antal CSS filer✔ Perfekt, din website har få JavaScript filer.✔ Perfekt, din hjemmeside udnytter gzip.

Mobil

	Mobil Optimering	<ul style="list-style-type: none">✓ Apple Ikon✓ Meta Viewport Tag✓ Flash indhold
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Optimering

	XML Sitemap	<p>Stor, din hjemmeside har en XML sitemap.</p> <pre>https://howtorewireyourbrainfromaddiction.com/sitemap.xml</pre>
	Robots.txt	<pre>http://howtorewireyourbrainfromaddiction.com/robots.txt</pre> <p>Stor, din hjemmeside har en robots.txt-fil.</p>
	Analytics	<p>Mangler</p> <p>Vi har ikke registreret en analyseværktøj installeret på denne hjemmeside.</p> <p>Web analytics kan du måle besøgendes aktivitet på dit websted. Du bør have mindst én analyseværktøj installeret, men det kan også være godt at installere et sekund for at krydstjekke data.</p>