



# Website review howtorewire yourbrainfromaddiction.com

Generated on February 12 2026 13:40 PM

The score is 81/100



## SEO Content

	Title	<p>How to Rewire Your Brain From Addiction: Recovery Explained</p> <p><b>Length : 59</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<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><b>Length : 137</b></p> <p>Great, your meta description contains between 70 and 160 characters.</p>												
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>												
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1279 1481 1727"> <thead> <tr> <th>Property</th> <th>Content</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>	Property	Content	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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	Headings	<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 1861 1497 2056" style="list-style-type: none"> <li>• [H1] How to Rewire Your Brain From Addiction and How Long It Takes</li> <li>• [H2] Introduction</li> <li>• [H2] How Addiction Changes the Brain</li> <li>• [H2] How to Rewire Your Brain From Addiction</li> <li>• [H2] How Long Does It Take to Rewire the Brain?</li> </ul>	H1	H2	H3	H4	H5	H6	1	7	2	21	0	0
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1	7	2	21	0	0									

## SEO Content

		<ul style="list-style-type: none"><li>• [H2] Supporting Brain Recovery</li><li>• [H2] Conclusion</li><li>• [H2] FAQ</li><li>• [H3] Nia O'Connor</li><li>• [H3] Different classes, different brain stories</li><li>• [H4] About the Author</li><li>• [H4] Nia's Posts:</li><li>• [H4] Opioids</li><li>• [H4] Alcohol</li><li>• [H4] Stimulants (e.g., cocaine; amphetamines including methamphetamine)</li><li>• [H4] Marijuana (Cannabis)</li><li>• [H4] Synthetic drugs (several families)</li><li>• [H4] "Changing everything," not just stopping use</li><li>• [H4] Rebuilding identity</li><li>• [H4] A long road with stages</li><li>• [H4] Universal life stuff shows up here, too</li><li>• [H4] Balanced nutrition supports brain healing</li><li>• [H4] Adequate sleep strengthens memory and focus</li><li>• [H4] Continuous therapy improves emotional regulation</li><li>• [H4] How to rewire your brain from addiction?</li><li>• [H4] How long to rewire brain from addiction?</li><li>• [H4] How long does it take to rewire brain from addiction?</li><li>• [H4] How long does it take to rewire your brain from addiction?</li><li>• [H4] What helps rewire the brain from addiction?</li><li>• [H4] Can the brain fully recover from addiction?</li><li>• [H4] How does dopamine reset during addiction recovery?</li></ul>
	Images	We found 8 images on this web page. Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : <b>67%</b> Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.

## SEO Links

	In-page links	We found a total of 5 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

## In-page links

Anchor	Type	Juice
<a href="#">Introduction</a>	Internal	Passing Juice
<a href="#">Brain Changes</a>	Internal	Passing Juice
<a href="#">How to Rewire</a>	Internal	Passing Juice
<a href="#">Timeline</a>	Internal	Passing Juice
<a href="#">FAQ</a>	Internal	Passing Juice

## SEO Keywords

	Keywords Cloud	<p>from addiction recovery days rewire months long people how brain</p>
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## Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
brain	31	✓	✗	✓	✓
how	24	✓	✗	✓	✓
addiction	20	✓	✗	✓	✓
from	19	✓	✗	✓	✓
rewire	15	✓	✗	✓	✓

## Usability

	Url	Domain : howtorewireyourbrainfromaddiction.com Length : 37
	Favicon	Great, your website has a favicon.
	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 : 0 Warnings : 0
	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	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Perfect. No inline css has been found in HTML tags!</li><li> Great, your website has few CSS files.</li><li> Perfect, your website has few JavaScript files.</li><li> Perfect, your website takes advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li>✓ Apple Icon</li><li>✓ Meta Viewport Tag</li><li>✓ Flash content</li></ul>
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## Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <pre>https://howtorewireyourbrainfromaddiction.com/sitemap.xml</pre>
	Robots.txt	<p><a href="http://howtorewireyourbrainfromaddiction.com/robots.txt">http://howtorewireyourbrainfromaddiction.com/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p>