

Review of Melliya.com

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Introduction

This report provides a review of the key factors that influence the SEO and usability of your website.

The homepage rank is a grade on a 100-point scale that represents your Internet Marketing Effectiveness. The algorithm is based on 70 criteria including search engine data, website structure, site performance and others. A rank lower than 40 means that there are a lot of areas to improve. A rank above 70 is a good mark and means that your website is probably well optimized.

Internal pages are ranked on a scale of A+ through E and are based on an analysis of nearly 30 criteria.

Our reports provide actionable advice to improve a site's business objectives.

Please contact us for more information.

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Search Engine Optimization

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Good



To Improve



Errors



Not Important



Hard to solve



Little tough to solve



Easy to solve



No action necessary



Title Tag



You are 4 steps away from a better health

Length: 59 character(s)

Ideally, your title tag should contain between 10 and 70 characters (spaces included).

Make sure your title is explicit and contains your most important keywords.

Be sure that each page has a unique title.



Meta Description



Nutritional counseling, to overcome your health challenges and beyond. Your body has the power to heal itself. Reset your body from "DIS-eased" state to its "eased" state.

Length: 171 character(s)

Meta descriptions contains between 100 and 300 characters (spaces included).

It allow you to influence how your web pages are described and displayed in search results.

Ensure that all of your web pages have a unique meta description that is explicit and contains your most important keywords (these appear in bold when they match part or all of the user's search query).

A good meta description acts as an organic advertisement, so use enticing messaging with a clear call to action to maximize click-through rate.



Meta Keywords



nutritional counseling, nutrition, uterine fibroids, ovarian cysts, acne, painful menstrual cramps, hot flashes, pcod, pcOS, IBS, acid reflux, acidity, constipation, digestion, heart burn, sun allergy, hormonal imbalance, pregnancy, eczema, diabetes, rheumatoid arthritis, migraine, psoriasis, osteo arthritis, asthma, wheezing, sjogren's syndrome (dry eyes), tender breasts, indigestion, acidity/heartburn, gas & bloating, peptic ulcer, crohn's, colitis, candidiasis, gall stones, inflammatory bowel syndrome/disease (IBS/IBD), rashes & hives, frequent cold & cough, migraine, vertigo

Meta Keywords are a specific type of meta tag that appear in the HTML code of a Web page and help tell search engines what the topic of the page is.

However, google can't use meta keywords.



Google Preview



[You are 4 steps away from a better health](#)

[melliya.com/](#)

Nutritional counseling, to overcome your health challenges and beyond. Your body has the power to heal itself. Reset your body from "DIS-eased" state to its "eased" state.

This is an example of what your Title Tag and Meta Description will look like in Google search results.

While Title Tags & Meta Descriptions are used to build the search result listings, the search engines may create their own if they are missing, not well written, or not relevant to the content on the page.

Title Tags and Meta Descriptions are cut short if they are too long, so it's important to stay within the suggested character limits.

<H1>	<H2>	<H3>	<H4>	<H5>	<H6>
4	3	16	16	0	0

<H1> SERVICES </H1>

<H1> About Hema </H1>

<H1> Yes, I want to reset my body TODAY! </H1>

<H1> About Me </H1>

<H2> Unlock the magic powers of your "Meals to Heal" your body </H2>

<H2> You are 4 steps away from a better HEALTH! </H2>

<H2> What clients say! </H2>

<H3> "I would recommend this programme to anyone who has health problems and is tired of popping pills and dealing with their side effects or anyone who received a diagnosis and is wondering what treatment to undertake or just about anyone who would like to get healthier and more energetic" </H3>

<H3> "I was pre-diabetic for close to twenty years. I ate too many sweets, drank coffee daily, ate white bread, ate too much red meat and drank alcohol at least once a week. All this changed with the 21 days program." </H3>

<H3> "I have made minor changes in my diet like giving up dairy and wheat products and already have less inflammation in my body. What's more is that my Neurologist sees the difference and says to go ahead with the program and gives me the "thumbs up" with a smile." </H3>

<H3> "Am feeling confident of my own body..am feeling very light on my body..my digestive system has improved a lot" </H3>

<H3> List of Services </H3>

<H3> Our clients say </H3>

<H3> HORMONAL IMBALANCE </H3>

<H3> AUTOIMMUNE CONDITIONS </H3>

<H3> MIGRAINES & VERTIGO </H3>

<H3> DIABETES </H3>

<H3> Our clients say </H3>

<H3> Diabetes </H3>

<H3> Fibroids, Migraine </H3>

<H3> PCOD & Fertility </H3>

<H3> Eczema Free Skin </H3>

<H4> Healthy recipes for easy digestion </H4>

<H4> How to choose the right food for your body </H4>

<H4> Food combining techniques </H4>

<H4> Balance hormones naturally </H4>

<H4> Boost your energy and immune system </H4>

<H4> Liver detoxification and more... </H4>

<H4> 1. Chat, Email, Call </H4>

<H4> 2. Health Assessment </H4>

<H4> 3. Action Plan </H4>

<H4> 4. Weekly Call </H4>

Use your keywords in the headings and make sure the first level (H1) includes your most important keywords. Never duplicate your title tag content in your header tag.

While it is important to ensure every page has an H1 tag, never include more than one per page. Instead, use multiple H2 - H6 tags.

Keywords Cloud

hema 33 health 30 program 20 have 17 body 17
 very 16 healthy 15 days 15 food 14 issues 13
 feel 13 thank 13 about 13 would 12 like 12

This Keyword Cloud provides an insight into the frequency of keyword usage within the page.

It's important to carry out keyword research to get an understanding of the keywords that your audience is using. There are a number of keyword research tools available online to help you choose which keywords to target.

Keyword Consistency

Keywords	Freq	Title	Desc	<H>
hema	33	✗	✗	✓
health	30	✓	✓	✓
program	20	✗	✗	✓
have	17	✗	✗	✓
body	17	✗	✓	✓
very	16	✗	✗	✓
healthy	15	✗	✗	✓
days	15	✗	✗	✓
food	14	✗	✗	✓
issues	13	✗	✗	✗
feel	13	✗	✗	✓
thank	13	✗	✗	✗
about	13	✗	✗	✓
would	12	✗	✗	✓
like	12	✗	✗	✓

This table highlights the importance of being consistent with your use of keywords.

To improve the chance of ranking well in search results for a specific keyword, make sure you include it in some or all of the following: page URL, page content, title tag, meta description, header tags, image alt attributes, internal link anchor text and backlink anchor text.



We found 12 images on this web page
 ❌ 6 ALT attributes are empty or missing.

https://le-cdn.website-editor.net/s/de9e39bcbf584410a635fcd1e0992ae/dms3rep/multi/opt/transparent_background-640w-1440w.png?c=1409041123&key=rair-id=k2NABALF0U0JW

https://le-cdn.website-editor.net/md/dmtmpl/dms3rep/multi/opt/transparent_background-1440w.png?c=1409041123&key=rair-id=k2NABALF0U0JW

https://le-cdn.website-editor.net/md/dmtmpl/dms3rep/multi/opt/transparent_background-1440w.png?c=1409041123&key=rair-id=k2NABALF0U0JW

https://le-cdn.website-editor.net/s/de9e39bcbf584410a635fcd1e0992ae/dms3rep/multi/opt/transparent_background-640w-1440w.png?Expires=1699894132&Signature=QdQPoHDKm7Y0BsYvtnMBJrWVZW8Ueli2-Ta4GcH5bBWM7ocXove08vXzPJlvcSCSwIYYZZVzvk1kfnR1rsUsC8oJ0AgS5249bvxD9oiBTfZKkMaWxuzXOOHY2ieXV9-SOPXJn6fiHa2nGBcpcHrABsabESrUS31jW8OUO95Vs7w23Xog

<https://le-cdn.website-editor.net/s/de9e39bcbf584410a635fcd1e0992ae/dms3rep/multi/opt/Hema01-338w.jpeg?Expires=1699894132&Signature=PienkjukqKKZQ7HePkrTfdarMJOS-zPVwtD12bAk4ZgKmHazeFZw3FGZMSj281WvSL0HzSnfs0-zizAPBAJkRDlZ5iPkXvKzTVrkVUJ6W94nlTnkUYksMpficaF393KAqwIto-toIPGS5v197ch2kMO3rcxd6MFpdtSRhsicCW85iWme-E7cfzlzcueNoAl-B0gmBlM703>

https://le-cdn.website-editor.net/s/de9e39bcbf584410a635fcd1e0992ae/dms3rep/multi/opt/Hema01-1920w.jpeg?Expires=1699894132&Signature=Nha7Zosv2jrSFJ2xi33H2wkQ6j51oidKjFziVBp9ieP6b00syODGTWR9FBrytWcpVMHOtZyLRHP6A4MX3i4L6UwgKa8p1eqF07IEjdZg4blom-n9Nk7URbQJqp1E5IdldRRW4qFFreXCxQsMeOBW8Lwfgs-cgx2Q4lyD72OTPramXnpBgNh7kl91IUfy-KgoMwA8pDZ1ZDZ1BRp24kum-qScOpOt_qdne50bkL7IZf_KzTo6ff12LEAdBPB8LWfg6HvK6eHhWIV4N4n6EK-Wp_i5f8b6KYNvnyAL-D72evQqTh

Alternative text is used to describe images to give the search engine crawlers (and the visually impaired).

Also, more information to help them understand images, which can help them to appear in Google Images search results.



HTML to Text Ratio is: **7.99%**

Text content size 25138 bytes

Total HTML size 314673 bytes

Code to text ratio represents the percentage of actual text on a web page compared to the percentage of HTML code, and it is used by search engines to calculate the relevancy of a web page.

A higher code to text ratio will increase your chances of getting a better rank in search engine results.






Wow! It's GZIP Enabled.

✔ Your webpage is compressed from 0 KB to 0 KB (18.4 % size savings)

Gzip is a method of compressing files (making them smaller) for faster network transfers.





It allows to reduce the size of web pages and any other typical web files to about 30% or less of its original size before it transfer.

 **IP Canonicalization** No your domain IP 217.160.0.127 does not redirect to melliya.com
  

To check this for your website, enter your IP address in the browser and see if your site loads with the IP address.
Ideally, the IP should redirect to your website's URL or to a page from your website hosting provider.
If it does not redirect, you should do an htaccess 301 redirect to make sure the IP does not get indexed.

 **URL Rewrite** Good, all URLs look clean and friendly
  

Your site's URLs contain unnecessary elements that make them look complicated.
A URL must be easy to read and remember for users. Search engines need URLs to be clean and include your page's most important keywords.
Clean URLs are also useful when shared on social media as they explain the page's content.

 **Underscores in the URLs** Oh no, you are using underscores (these_are_underscores) in your URLs
  

Great, you are not using ?underscores (these_are_underscores) in your URLs.
While Google treats hyphens as word separators, it does not for underscores.



WWW Resolve



Warning, no 301 redirects are in place to redirect traffic to your preferred domain. Pages that load successfully both with and without www. are treated as duplicate content!

Redirecting requests from a non-preferred domain is important because search engines consider URLs with and without "www" as two different websites.



XML Sitemap



Good, you have XML Sitemap file!
<http://melliyal.com/sitemap.xml>

A robots.txt file allows you to restrict the access of search engine robots that crawl the web and it can prevent these robots from accessing specific directories and pages. It also specifies where the XML sitemap file is located.

You can check for errors in your robots.txt file using Google Search Console (formerly Webmaster Tools) by selecting 'Robots.txt Tester' under 'Crawl'. This also allows you to test individual pages to make sure that Googlebot has the appropriate access.



Robots.txt



Good, you have Robots.txt file!
<http://melliyal.com/robots.txt>

A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.

We recommend that you generate an XML sitemap for your website and submit it to both Google Search Console and Bing Webmaster Tools. It is also good practice to specify your sitemap's location in your robots.txt file.



Embedded Objects

Perfect, no embedded objects has been detected on this page



Embedded Objects such as Flash. It should only be used for specific enhancements.

Although Flash content often looks nicer, it cannot be properly indexed by search engines.

Avoid full Flash websites to maximize SEO.



Iframe

Perfect, no Iframe content has been detected on this page



Frames can cause problems on your web page because search engines will not crawl or index the content within them.

Avoid frames whenever possible and use a NoFrames tag if you must use them.



Domain Registration

Exactly how many years and months



Domain Age: 6 Years, 65 Days

Created Date: 16th-Aug-2017

Updated Date: 17th-Aug-2023

Expiry Date: 16th-Aug-2024

Domain age matters to a certain extent and newer domains generally struggle to get indexed and rank high in search results for their first few months (depending on other associated ranking factors). Consider buying a second-hand domain name.

Do you know that you can register your domain for up to 10 years? By doing so, you will show the world that you are serious about your business.



Indexed Pages



Indexed pages in search engines

0 Page(s)

This is the number of pages that we have discovered on your website.

A low number can indicate that bots are unable to discover your webpages, which is a common cause of a bad site architecture & internal linking, or you're unknowingly preventing bots and search engines from crawling & indexing your pages.



Backlinks Counter



Number of backlinks to your website

Backlink(s)

Backlinks are links that point to your website from other websites. They are like letters of recommendation for your site.

Since this factor is crucial to SEO, you should have a strategy to improve the quantity and quality of backlinks.



URL

http://melliyal.com
Length: 8 characters

Keep your URLs short and avoid long domain names when possible.

A descriptive URL is better recognized by search engines.

A user should be able to look at the address bar and make an accurate guess about the content of the page before reaching it (e.g., http://www.mysite.com/en/products).



Favicon

 Great, your website has a favicon.

Favicons improve a brand's visibility.

As a favicon is especially important for users bookmarking your website, make sure it is consistent with your brand.



Custom 404 Page

Great, your website has a custom 404 error page.

When a visitor encounters a 404 File Not Found error on your site, you're on the verge of losing the visitor that you've worked so hard to obtain through the search engines and third party links.

Creating your custom 404 error page allows you to minimize the number of visitors lost that way.



Page Size



307 KB (World Wide Web average is 320 Kb)

Two of the main reasons for an increase in page size are images and JavaScript files.

Page size affects the speed of your website; try to keep your page size below 2 Mb.

Tip: Use images with a small size and optimize their download with gzip.



Load Time



1.73 second(s)

Site speed is an important factor for ranking high in Google search results and enriching the user experience.

Resources: Check out Google's developer tutorials for tips on how to make your website run faster.



Language



Good, you have declared your language

Declared Language: English

Make sure your declared language is the same as the language detected by Google

Also, define the language of the content in each page's HTML code.

Domain Availability

Domains (TLD)	Status
melliyal.net	Available
melliyal.org	Already Registered
melliyal.biz	Already Registered
melliyal.us	Available
melliyal.info	Already Registered

Register the various extensions of your domain to protect your brand from cybersquatters.

Typo Availability

Domains (TLD)	Status
meliyal.com	Available
nelliyal.com	Available
helliyal.com	Available
jelliyal.com	Available
kelliyal.com	Available

Register the various typos of your domain to protect your brand from cybersquatters.



Email Privacy



Email address has been found in plain text!

We don't recommend adding plain text/linked email addresses to your webpages.

As malicious bots scrape the web in search of email addresses to spam. Instead, consider using a contact form.



Safe Browsing



The website is not blacklisted and looks safe to use.

Safe Browsing to identify unsafe websites and notify users and webmasters so they can protect themselves from harm.



Mobile Friendliness



Oh No! This page is not mobile-friendly.
Your mobile friendly score is 0/100

Mobile Friendliness refers to the usability aspects of your mobile website, which Google uses as a ranking signal in mobile search results.



Mobile Compatibility



Perfect, no embedded objects detected.

Embedded Objects such as Flash, Silverlight or Java. It should only be used for specific enhancements.

But avoid using Embedded Objects, so your content can be accessed on all devices.



Mobile View



The number of people using the Mobile Web is huge; over 75 percent of consumers have access to smartphones. ??

Your website should look nice on the most popular mobile devices.

Tip: Use an analytics tool to track mobile usage of your website.

Server IP

Server IP	Server Location	Service Provider
217.160.0.216	Not Available	Not Available

Your server's IP address has little impact on your SEO. Nevertheless, try to host your website on a server which is geographically close to your visitors.

Search engines take the geolocation of a server into account as well as the server speed.

Speed Tips

Tips for authoring fast-loading HTML pages:

-  Too bad, your website has too many CSS files.
-  Too bad, your website has too many JavaScript files.
-  Perfect, your website doesn't use nested tables.
-  Too bad, your website is using inline styles.

Website speed has a huge impact on performance, affecting user experience, conversion rates and even rankings.

By reducing page load-times, users are less likely to get distracted and the search engines are more likely to reward you by ranking your pages higher in the SERPs.

Conversion rates are far higher for websites that load faster than their slower competitors.

Analytics

We didn't detect an analytics tool installed on this website.

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.



Doc Type

Your Web Page doctype is



The Doctype is used to instruct web browsers about the document type being used.

For example, what version of HTML the page is written in.

Declaring a doctype helps web browsers to render content correctly.



W3C Validity

W3C not validated



W3C is a consortium that sets web standards.

Using valid markup that contains no errors is important because syntax errors can make your page difficult for search engines to index. Run the W3C validation service whenever changes are made to your website's code.



Encoding

Great, language/character encoding is specified: UTF-8



Specifying language/character encoding can prevent problems with the rendering of special characters.

Social Data

Your social media status

 Facebook:  Melliyall

 Twitter: 

 Instagram: 

Social data refers to data individuals create that is knowingly and voluntarily shared by them.

Cost and overhead previously rendered this semi-public form of communication unfeasible.

But advances in social networking technology from 2004-2010 has made broader concepts of sharing possible.



Traffic Rank



No Global Rank

A low rank means that your website gets a lot of visitors.

Your Alexa Rank is a good estimate of the worldwide traffic to your website, although it is not 100 percent accurate.



Visitors Localization



Your website is popular on following countries:

Popularity at	None
Regional Rank	None

We recommend that you book the domain names for the countries where your website is popular.

This will prevent potential competitors from registering these domains and taking advantage of your reputation in such countries.



Estimated Worth



\$60 USD

Just a estimated worth of your website based on Alexa Rank.



In-Page Links



We found a total of 97 links including both internal & external links of your site

Anchor	Type	Follow
No Anchor Text	Internal Links	Dofollow
About	Internal Links	Dofollow
You are What You Eat	Internal Links	Dofollow
Why Nutrition?	Internal Links	Dofollow
Our Nutritionists	Internal Links	Dofollow
Services	Internal Links	Dofollow
Hormonal Imbalance	Internal Links	Dofollow
Digestive Issues	Internal Links	Dofollow
Pediatric	Internal Links	Dofollow
Autoimmune Conditions	Internal Links	Dofollow
Migraines & Vertigo	Internal Links	Dofollow
Diabetes	Internal Links	Dofollow
Testimonials	Internal Links	Dofollow
"It is fascinating to learn that a clean diet can do miracles to your body and mind. Highly recommend to people who want heal both mind and body through diet. I feel that I have done some good things in past life to attend this course." Akila	Internal Links	Dofollow
"At the end of the program I noticed substantial improvements in my general health, acid reflux issues, weight loss, mindset and glowing skin" Ambika	Internal Links	Dofollow
"I lost almost pounds in 21 days , left my coffee for first time and I will continue to follow healthy eating habits as advised by Hema" Amutha	Internal Links	Dofollow
" It was a wonderful journey with her and her diet made me feel light and energetic. To my surprise my blood pressure which used to be high came under control by the end of this program. I wholeheartedly thank Hema for this." Amutha	Internal Links	Dofollow
Thankyou for the enlightening course. The 21 days program was holistic and it helped me clear lot of myths about food and disease, with clear explanation and facts. This has helped me redefine my family's lifestyle (not just what we eat, include water intake, lighting impacts and many others) and has also imparted me with knowledge to make right food choices confidently . Anitha	Internal Links	Dofollow
"It improved my mind and health a lot and my food carving totally stopped and made significant discipline on my food intake. It makes me feel light and energetic and lot of my long term health issues disappeared." Arunkumar	Internal Links	Dofollow
"The Best thing during program was you always kept me informed about the diet and motivated me to gain the knowledge of the food which I am eating instead of following it blindly which most of the dietician generally do." Asha	Internal Links	Dofollow
"I was pre-diabetic for close to twenty years. I ate too many sweets, drank coffee daily, ate white bread, ate too much red meat and drank alcohol at least once a week. All this changed with the 21 days program." Barbara	Internal Links	Dofollow
"I learned, how my body works with the foods that we eat. I feel like I got the key for the treasure box of my health and my family's health. There was no magic pill or medication she gives. It is the food that we eat every day." Bhavani	Internal Links	Dofollow
My daughter had eczema and indigestion issues for a long time . We had approached Hema through a friend and with her guidance of right food and right time indigestion has been sorted and overall health of my daughter improved a lot. Hema has provided lots of knowledge about how our system works and supported by the right food at right time. Thanks so much for the great guidance Hema. Bhuvana	Internal Links	Dofollow
"By following the dietary instructions I was able to cut down the medication by half at the end of the programme." C	Internal Links	Dofollow
"This is a wonderful program I ever had . I feel light and lost cravings for snacks. The swelling in my legs is reduced Especially I don't get knee pain." Chandra	Internal Links	Dofollow

"I have made minor changes in my diet like giving up dairy and wheat products and already have less inflammation in my body. What's more is that my Neurologist sees the difference and says to go ahead with the program and gives me the "thumbs up" with a smile." Colleen	Internal Links	Dofollow
"Thank you so much for your informational journey through good health via diet and good choices. I really enjoyed your 20th day talk on being aware of our options for healthy alternative daily living." Darline	Internal Links	Dofollow
It was very good journey to understand our inner health system. I could understand which kind of food to eat at what time and how to eat as well. Thanks Hema for providing information in detailed way. Eshwari	Internal Links	Dofollow
"am feeling confident of my own body..am feeling very light on my body..my digestive system has improved a lot" Frank	Internal Links	Dofollow
I am very much Thankful to Hema, a wonderful person who guided me to improve my physical, and emotional health. Explained each and every thing scientifically and the way we easily understand things, My dry skin is changing now ans as well as my joint pain is also reduced. I would highly recommend this 21 day session to everyone. Once again Thank you a lot Hema Gayathri dhevi	Internal Links	Dofollow
"Each class dealt with a different topic such as the impacts of hormonal imbalances and the immune system on health, which was very engaging." Geetha	Internal Links	Dofollow
" I was a person who would never buy fruits but now my shopping cart is filled with a variety of fruits each week. Thank u for guiding us Hema. It was truly a blessing to be a part of your journey. " Gulshan	Internal Links	Dofollow
"Absolutely insightful and triggers lot of thoughts to everyone. Recommended for any person who is willing to carryout a conscious change in way of life! Thanks a ton Hema!" HARIHARAN	Internal Links	Dofollow
I was going through multiple health challenges, in addition to recently being diagnosed with an auto immune condition. After completing a 21 day program with Hema, I chose to have a 1:1 consult with her. Hema's guidance on nutrition and supplements helped me to not only feel better physically, but understanding my body and condition, helped me to heal faster. I thank you Hema for your guidance and appreciate your keen interest to help others move forward on their healing journey. Thank you. Havovi	Internal Links	Dofollow
"My stomach ache problem has reduced considerably and my appetite has overall improved. Thank you Hema for all your sincere efforts and assistance, I truly appreciate it. Thank you for being an integral part of my health and healing journey" Hutoxi F	Internal Links	Dofollow
"These 21 days are the best life changing experience.. Because I have experienced some inner peace and my soul is liye and happy. This program is not only for physical health but also for mental health. Trust the process and go with flow u ll be in a happy place from where u r now.. Thank you Hema for all the good things u shared with us which I will treasure throughout my life and even pass this to our next generation kids... Thanks a ton" Iswarya	Internal Links	Dofollow
I suffered from Hay fever followed by allergy symptoms, continuous sneezing, blocked nose, and runny nose for almost a month. After starting this 21 days program with Hema, I could feel I am getting recovered from these symptoms. I felt so energetic physically and mentally. All her sessions gave lots of information about various diseases and health conditions that helped to change my mind to lead a healthy life. Hema's knowledge is amazing. Thanks a lot, Hema. Jayavadani	Internal Links	Dofollow
"I would recommend this programme to anyone who has health problems and is tired of popping pills and dealing with their side effects or anyone who received a diagnosis and is wondering what treatment to undertake or just about anyone who would like to get healthier and more energetic" Judy	Internal Links	Dofollow
Satisfied with the improvements to my daughter's digestive issues after starting the consultation and making life style changes . Kalai	Internal Links	Dofollow
I enjoyed my journey of Restart your health in 21 days. Hema was thorough in providing valuable nutrition information and shared a wealth of knowledge on how's, what's & why's. Although I thought I was eating healthy Hema really helped us to see when and how we eat can make a big difference. It was not only about losing those extra inches or pounds but giving the confidence back that if done right I can progress towards a healthy life. Thanks Hema. I am glad to have taken this journey with you. Thanks again. Kamala	Internal Links	Dofollow
"My body is very comfortable for me" Karthiga	Internal Links	Dofollow
"I can see visible change in my weight, skin glow. My hip size too reduced. Feeling good in thoughts." Keerthi	Internal Links	Dofollow

"I did not expect food can make such great changes in our health. I joined the sessions just to understand the diet plans and benefits but then started following it regularly as I started noticing improvements in my health. " Laksmi	Internal Links	Dofollow
"21 Days of Reset Your Health program and additional 1-1 for almost a month helped my BP back to normal and more importantly feeling more healthier and energetic" Manick	Internal Links	Dofollow
Excellent information gathered during 2 days of the course. got to know lot of information about those foods which is triggering inside our body. its really detailed information Hema. Thanks a lot!! good work.. Manigandan	Internal Links	Dofollow
"Great thanks for all your recommendations on the healthy eating. Now I feel better on the acidity related issue." Manoranjani	Internal Links	Dofollow
"At present,substantial reduction in knee pain.Hope to get relieved soon. Thanks Hema for the wonderful sessions on Healthy eating." Mohanasundaram	Internal Links	Dofollow
"The program was very helpful in detoxing and progressing towards a healthy lifestyle. I would highly recommend this program. Hema is very knowledgeable and explains everything clearly." Nalini	Internal Links	Dofollow
" My family couldn't believe the changes with my physical and mental health during a short period of 21 days. Having Migraine, Anxiety, Acid reflux and Eczema made my life worsen with lots of negative thoughts, fear and insecure. But 21 days of clean eating and positive thinking made my fear, migraine, acid reflux go away and I continued my journey with Hema through personal consultation and came out of my Eczema condition and completely cured. Only because of Hema and her advice, started to eat lots and lots of fruits and vegetables in my life which I was not doing earlier in my life time. Really, Hema is not only a nutritionist but she is my GURU. I AM THANKFUL TO GOD AND THE UNIVERSE FOR THIS WONDERFUL EXPERIENCE. " Nandhini	Internal Links	Dofollow
It was a great program and would like to schedule one on one program . Started with a detox process with lukewarm lemon juice and then with vegetable "green" juice replacing breakfast, salads, stirred vegetables and fats with some protein. I clearly see differences in waist size. Surprisingly I don't have feel to drink tea/ Coffee anymore. I strongly recommend her program. Nithya	Internal Links	Dofollow
"I have started eating clean and understanding my bodys communication on what I eat." Poornimadevi	Internal Links	Dofollow
I had terrible sweet cravings and gluten intolerance that was totally fixed while on the diet recommended during this sessions. I'm grateful for the relief this program offered me. I'd highly recommend this course to anyone who's looking into fixing their eating habits and lifestyle in general. Thanks Hema! Pranita	Internal Links	Dofollow
"I am Thankful to Hema, a wonderful person who guided me to improve my physical, mental and emotional health. Explains each and every thing scientifically," Prathibha	Internal Links	Dofollow
"I am feeling light, lost few inches and have positive thought in handling my day to day activities" PRAVEENA	Internal Links	Dofollow
"Hema's holistic approach to nutrition taught me my relationship with food and just about every other aspect of my life" Radhidevi	Internal Links	Dofollow
Hema's 21-day program improved my overall health and mind. She guides in every aspect of mental health, food consumption, the importance of healthy eating and how to avoid junk foods. She is an amazing human being, who focuses on every individual's issues and helps to overcome the fear. Very grateful to attend one of her programs and I highly recommend this insightful program. Ragapriya	Internal Links	Dofollow
I was introduced to Hema back in Aug 2021. I was diabetic and used to take the maximum dosage of metformin allowed in a day. I also had hypertension and was severely overweight. Working with Hema was a very educative process. Hema was always available and very responsive to the countless questions I had. During these consultations, I learned how the human body responds to different diets and how to lead a sustainable and healthy lifestyle. In approximately 6 months, my doctor could not believe my blood work results. My A1C numbers were back to normal and my doctor took me off both diabetic and hypertension medications. I had also lost little more than 60 pounds during this period. Losing weight is one thing, but losing weight by getting healthy is totally another thing. Thank you, Hema for your guidance and support. Without your help, I wouldn't have been where I am today. Ragesh	Internal Links	Dofollow

"Thank you so much Hema, for the eye opener sessions about what is health to body. I am so happy to follow this, will follow further to improve and stay healthy." Rajavel	Internal Links	Dofollow
"I saw improvements in my health and body as the days progressed. The 'dos and don'ts' as well as the 'why's' were all answered with excellent explanations and reasoning." Ramesh	Internal Links	Dofollow
I decided to do the 21-day based on my sister's recommendation. I was very skeptical initially as to whether I would be able to do it, leaving gluten, dairy, caffeine, etc, but Hema helped me through it. She has a wealth of knowledge and the webinars were well-put together to help understand the reason behind various chronic diseases and what effect the foods have. I learned a lot about how to eat healthy, how to combine different types of food and eat a balanced and structured meal. I lost about 8 pounds weight. I have much better hunger control, unlike before when I used to wake up at 3 am hungry, and milk and bread was my comfort food to curb my hunger at that time. My body feels lighter, and I noticed more flexibility in my muscles when I do yoga. Overall, I am glad to do this 21-day reset and hope to continue with the newly learned habits to my best ability. Thaka Hema!! Rathna	Internal Links	Dofollow
"Feeling very light and optimistic. Absolutely a wonderful Journey" Renukadevi	Internal Links	Dofollow
Hi finds this is Renupriya, I had hand exzema for more than 2 years, came to know about Hema by my neighbor, had 1 on 1 consultation and attended 21 days program too....after talking to hema only I got the confidence that I can come over this auto immune condition, she is very much a down to earth person, she gave me good consultation and now I am back to normal condition, and I am now aware of clean eating... Renupriya	Internal Links	Dofollow
"Healing is a Blessing. Feeling blessed. I will continue this clean and healthy eating habit for rest of my life" Sabitha	Internal Links	Dofollow
"Overall health and energy improved. Lost weight and inches on belly(12 pounds, 1.5 inch). The sessions given by Hema were very interesting and informative" Sandeep	Internal Links	Dofollow
"I'm priya. from my pregnancy foot pain started it's almost 5 yrs I was suffering from severe foot pain only on left foot. I consulted ortho, siddha, acupuncture but it will be fine until I take medicines. But to my surprise it completely vanished after Hema put me in a clean diet. The same way I had sneezing too(it's like continues the whole day once it starts) it only settles after a long sleep or with medicine. But That's gone too. Really Happy working with you Hema. I would recommend anyone to trust her blindly. Thank you." Shanmugapriya	Internal Links	Dofollow
"I recommend every one to go through this program for better living in this polluted world" Shyam	Internal Links	Dofollow
Sonya	Internal Links	Dofollow
I used to take tea more than two times a day, used to eat lot of unrefined foods like white rice etc. The 21 days program, it completely changed my life style. Now I feel normal even if I don't take tea or don't eat white rice. I am very happy with this program. Soujanya	Internal Links	Dofollow
Hi, I had sleep issues, very low ferritin levels, tiredness and close to pre-diabetic stage. After starting Hema's 21 days program and following her healthy way of eating my Sleep issues are completely fixed, ferritin levels are normal, good energy levels through out the day and out of pre-diabetic stage! Hema's healthy eating has been such a blessing to my family and I would suggest everyone to give a try and feel the difference in the mental and physical health. Sowmya	Internal Links	Dofollow
I had sleep issues and tiredness most of the time. During and after the 21 days program, my sleep issues have got so much better and feeling energetic and active and able to do my work. Can't thank enough to Hema for fixing my sleep issues just with clean eating. I am going to follow this clean eating in my family. My parents also did this 21 days program with me and their body aches were gone and they felt great each day with healthy eating. I was so much worried about their eating full of carbs for the whole day! I finally found that sustainable healthy diet for my life and my family. My husband's stomach issues are completely gone which he's been suffering for more than 10 years. I thank god for connecting Hema to us. Sowmya	Internal Links	Dofollow
"My metabolic panel and lipid tests all showed vast improvement. I hope to continue this journey with one on one consultation" Sudha	Internal Links	Dofollow
"It was an eye opener and gained a lot of useful insights into our eating habits, how to eat, when and the quantity. The detox routines are amazingly very helpful." Sujatha	Internal Links	Dofollow

It was a great journey. Made me concious of my body and the food i consume. No more i can take my body for granted. My psoriasis is getting better by following the basic food plan i learnt. Sujatha	Internal Links	Dofollow
"Hema gave motherly advise and continuous follow up for 3 months. Was very helpful to introspect the problem instead blaming the foods and its preparations. Now able to self diagnose my problem and alter the meal accordingly. " Sundararaj	Internal Links	Dofollow
"My sincere thanks to Hema. These are Eye opening sessions for our New way of living. There are lot of positive changes already started in our life/body and Mind, which keeps motivating us to follow her food practices" Sundaravadivel	Internal Links	Dofollow
The journey has been very systematic and progressive. Hema has planned and executed this program meticulously by providing the reasoning for each of the suggestions she has made. Benefits for me - I feel I am better equipped with the relevant knowledge and tools going forward to improve my health. At the end of 21 days I feel myself lighter and agile. Thank you Hema for offering to share your experience, knowledge and guide others. Suresh	Internal Links	Dofollow
Before starting this workshop I was 59.65 kgs. I was having lots of pain and cramps in my body specially before and during periods. In 21 days I have learnt to eat clean and healthy food. It really helped me a lot to heal myself from inside and outside. Now feeling better. Specially liver detoxification session was too good. Really proud of my body to see the results. Thank you Hema to answer all my questions even sometimes it was silly. Thank you for educating me. Swapnil	Internal Links	Dofollow
"Hema's 21-day programme on Health Reset was such an eye-opener. Not just physical health, one can reset their mental health too. She helped me remove my negative thoughts and replace them with positive thoughts." Uma	Internal Links	Dofollow
I started the 21 day reset program with Hema at the beginning of April 2022. The wealth of information that she supplied helped me have a better understanding of how our body functions and reacts to what we feed it as well as to external factors. I also gained so much insight into the most common ailments that people these days experience, their root causes and how to heal them longterm. Hema was very supportive throughout the course - providing so many additional tips and answering all questions. Thank you Hema for such a wonderful course and looking forward to embarking on the 12 week program with you shortly. Vandana	Internal Links	Dofollow
"This program helped me appreciate my body and the tremendous work it carries out on day to day basis really grateful to hema to be doing such a great service to mankind. A must suggested Program for everyone. Thank you" Vidhya	Internal Links	Dofollow
I used to be very tired before with all the daily activities with energy levels consistently dropping as the day goes by. Now I feel more energized and feel good that I am taking good care of myself. Thanks Hema for helping us make informed decisions Vidya	Internal Links	Dofollow
I WOULD LIKE TO CONNECT	Internal Links	Dofollow
Initial health assessment will be done to determine your current health condition and lifestyle	Internal Links	Dofollow
Diabetes	Internal Links	Dofollow
Fibroids, Migraine	Internal Links	Dofollow
PCOD & Fertility	Internal Links	Dofollow
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Events	External Links	Dofollow
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