

How to Manually Optimize Your Posts and Pages

#1: Your main keywords must be in your domain name.

#2. Your main keywords must be placed in the home title tag.

#3. Your main keywords must appear in the in H1, H2 and H3 Tags. The <H1> tag being the most important.

#4. Your main keywords must appear near the beginning of the first sentence in each paragraph.

#5. Your main keywords must appear in the last sentence of each paragraph.

#6. Your overall keyword density of each post should be at least 3%. This means your main keywords should be at least 3% of the entire post. (You can use online keyword density analysis tools.)

#7. Using your main keywords as the anchor text you need to link to another internal page on your site at least once on each post. For example:

```
<a href="http://tinnitusmiracle.com/tinnitus-miracle-review">Tinnitus Miracle</a>
```

#8. Using your main keywords as the anchor text you need to link out to an authority site at least once in each post with a no follow tag. For example:

```
<a href="http://en.wikipedia.org/wiki/Tinnitus_masker" rel="nofollow"> Tinnitus Miracle</a>
```

#9 Make sure you remove all other outgoing links other than to the program you want to promote.

10. Make sure each image you add to each post has an “alt tag” with your main keyword in it.

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#11. Make sure for each of your posts that you **bold**, underline or *italicise* your main keyword at least once.

#12. Make sure that each post is at least 850 to 1,000 words in length and is “tightly written” around your main keywords.

#13. Optimize the names of your images in each post.