

This tool is an ongoing experiment in better HTML checking, and its behavior remains subject to change

Checker Input

Show

☒ source

☐ outline

☐ image report

Options...

Check by

text input

☐ CSS

```
<!DOCTYPE html>
<html lang="en">
<head>
<meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <meta http-equiv="X-UA-Compatible" content="ie=edge">
  <link rel="stylesheet" href="assets/css/style.css" type="text/css">
  <link rel="stylesheet"
href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
integrity="sha384-JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z"
crossorigin="anonymous">
  <link rel="stylesheet"
href="https://use.fontawesome.com/releases/v5.14.0/css/all.css" integrity="sha384-
U71koBp649Z17b00q6Vr6flll1667br0a9180466312f01b04c5b91f146666"

```

Check

Message Filtering

Source

```
1. <!DOCTYPE html>↵
2. <html lang="en">↵
3. <head>↵
4. <meta charset="UTF-8">↵
5.     <meta name="viewport" content="width=device-width, initial-scale=1.0">↵
6.     <meta http-equiv="X-UA-Compatible" content="ie=edge">↵
7.     <link rel="stylesheet" href="assets/css/style.css" type="text/css">↵
8.     <link rel="stylesheet"
href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
integrity="sha384-
JcKb8q3iqJ61gNV9KGb8thSsNjpSL0n8PARn9HuZOnIxN0hoP+VmmDGMN5t9UJ0Z"
crossorigin="anonymous">↵
```

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9.     <link rel="stylesheet"
href="https://use.fontawesome.com/releases/v5.14.0/css/all.css"
integrity="sha384-
HzLeBuhoNPvSl5KYnjx0BT+WB0QEEqLprO+NBkkk5gbc67FTaL7XIGa2w1L0Xbgc"
crossorigin="anonymous">↵
10.     <link href="https://fonts.googleapis.com/css?
family=Cedarville+Cursive&family=Roboto:wght@100;300&family=Waiting+for+the+Sunr
ise&display=swap" rel="stylesheet">↵
11.     <link rel="icon" type="image/png" sizes="96x96"
href="assets/images/favicon/favicon-96x96.png">↵
12.     <link rel="icon" type="image/png" sizes="32x32"
href="assets/images/favicon/favicon-32x32.png">↵
13.     <link rel="icon" type="image/png" sizes="16x16"
href="assets/images/favicon/favicon-16x16.png">↵
14.     <title>Christine Anne Davies</title>↵
15. </head>↵
16. <body>↵
17. <div class="container-fluid">↵
18. <!--curtain nav bar-->↵
19.     <div id="myNav" class="overlay">↵
20.         <div class="closemenu">&times;↵
21.             <div class="overlay-content">↵
22.                 <a href="index.html">Homepage</a>↵
23.                 <a href="therapies.html">Therapies</a>↵
24.                 <a href="contact.html">Contact</a>↵
25.                 <a href="springboard.html">"Springboard"</a>↵
26.             </div>↵
27.         </div>↵
28.     </div>↵
29.     <span class="openmenu">&#9776;</span>↵
30. <!--therapies hero image-->↵
31. <header>↵
32.     <div class="row no-gutters">↵
33.         <div class="col-12 therapies-image">↵
34.             <div class="therapies-image-text">↵
35.                 <h3>Therapies</h3>↵
36.                 <p><i class="fas fa-quote-left"></i> I've worked with clients as
a teacher and healer for over 20 years. I practice a number of therapies all of
which work with the energy of the human body.<br>↵
37.                 My 'toolbox' includes healing, meditation and visualisation,
EFT, and natural nutrition. Each therapy I use is aimed at restoring harmony and
balance to body, mind, and spirit. <i class="fas fa-quote-right"></i></p>↵
38.             </div>↵
39.         </div>↵
40.     </div>↵
41. </header>↵
42. <!--back to top button-->↵
43. <button onclick="topFunction()" id="myBtn" title="Go to top">back to
top</button>↵
44. <!--therapies section-->↵
45. <section>↵
46.     <div class="row no-gutters"> ↵
47.         <div class="col-12 therapy-section">↵
48.             ↵
49.             <div class="image-text">↵
50.                 <h3 data-toggle="modal" data-target="#nutroModal">Natural
Nutrition</h3> ↵
51.                 <p>details...</p> ↵
52.                 <div class="modal" id="nutroModal">↵
53.                     <div class="modal-dialog modal-dialog-
scrollable">↵
54.                         <div class="modal-content">↵
55.                             <div class="modal-header therapy-name">↵
56.                                 <h4 class="modal-title">Natural
Nutritian</h4>↵
57.                             </div>↵

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58.                                     <div class="modal-body therapy-info"><
59.                                     <p>I think of nutrition as another
energy therapy. This has nothing to do with calories, but because the food we
eat should contain the life energy that nourishes our bodies and ensures that we
remain in good health rather than succumb to disease.</p> <
60.                                     <p>Whilst we all realise that a diet
full of 'junk food' is no good for anyone's health, diet is not a one size fits
all approach.</p><
61.                                     <p>It's important to understand that
the foods that create vibrant health for one person may not necessarily be
suitable for another and can even be the cause of disease.</p><
62.                                     <p>People come to me for nutritional
advice for many reasons. Many want to resolve digestive issues, allergies, or
intolerances but increasingly people are seeking help to control the symptoms of
chronic illness, degenerative diseases, and autoimmune conditions.</p><
63.                                     <p>A good diet is one of the first
steps to healing any disease.</p><
64.                                     <p>After taking a full history I
provide clients with a diet, specifically tailored to meet their needs, together
with supplements and a range of techniques and lifestyle adjustments that will
support them in addressing their health problems.</p> <
65.                                     <p>As they go through the process of
change, I adjust their programme, always bearing in mind that their bodies need
be gently supported as they heal.</p><
66.                                     <p><a href="contact.html">Make an
enquiry</a></p><
67.                                     </div><
68.                                     <div class="modal-footer back-to-
therapies"><
69.                                     <button type="button" class="close-
button" data-dismiss="modal">Back to Therapies</button><
70.                                     </div><
71.                                     </div><
72.                                     </div><
73.                                     </div><
74.                                     </div><
75.                                     </div><
76.                                     </div><
77.                                     <div class="row no-gutters"> <
78.                                     <div class="col-12 therapy-section"><
79.                                     <
80.                                     <div class="image-text"><
81.                                     <h3 data-toggle="modal" data-target="#eftModal">Emotional
Freedom Technique</h3> <
82.                                     <p>details...</p> <
83.                                     <div class="modal" id="eftModal"><
84.                                     <div class="modal-dialog modal-dialog-
scrollable"><
85.                                     <div class="modal-content"><
86.                                     <div class="modal-header therapy-name"><
87.                                     <h4 class="modal-title">Emotional
Freedom Technique</h4><
88.                                     </div>
<
89.                                     <div class="modal-body therapy-info"><
90.                                     <p>I find this a simple but
effective therapy for many clients which can be used alone or to support other
treatments.<br><
91.                                     <p>Based on the Chinese medicine,
meridian system, Emotional Freedom Technique (EFT) is a simple treatment where
the fingertips are used to tap on acupuncture points in a specific sequence.</p>
<
92.                                     <p>It is usually used to resolve
physical pain as well as emotional issues and stress. It has been found
effective in improving PTSD.</p><

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93.                                     <p>The concept behind EFT is similar
to that of hands on healing in that its goal is to release blockages in the
energy pathways and re-balance the energy flow of the body. With EFT clients
participate in the process, which some people prefer.</p> ↵
94.                                     <p>During a treatment I work with
the client to identify the issue they want to resolve and establish the
intensity level.</p>↵
95.                                     <p>Together we create a phrase which
identifies the issue and then I guide them through the tapping sequence,
followed by an evaluation of the reduction of intensity.</p>↵
96.                                     <p><a href="contact.html">Make an
enquiry</a></p>↵
97.                                     </div>↵
98.                                     <div class="modal-footer back-to-
therapies">↵
99.                                     <button type="button" class="close-
button" data-dismiss="modal">Back to Therapies</button>↵
100.                                    </div>↵
101.                                    </div>↵
102.                                    </div>↵
103.                                    </div>↵
104.                                </div>↵
105.                            </div>↵
106.                        </div>↵
107.                        <div class="row no-gutters"> ↵
108.                            <div class="col-12 therapy-section">↵
109.                                ↵
110.                                    <div class="image-text">↵
111.                                        <h3 data-toggle="modal" data-target="#medModal">Mediatation
& Visualisation</h3>↵
112.                                            <p>details...</p> ↵
113.                                            <div class="modal" id="medModal">↵
114.                                                <div class="modal-dialog modal-dialog-
scrollable">↵
115.                                                    <div class="modal-content">↵
116.                                                        <div class="modal-header therapy-name">↵
117.                                                            <h4 class="modal-title">Meditation &
visualisation</h4>↵
118.                                                                </div>↵
119.                                                                <div class="modal-body therapy-info">↵
120.                                                                    <p>I have practiced meditation for
the last 20 years as well as teaching a variety of different meditation
techniques in healing circles as well as in schools.</p> ↵
121.                                                                    <p>I have found it invaluable in
helping people to reduce stress, control pain and cope with a variety of
situations in their lives.</p> ↵
122.                                                                    <p>Many people learn meditation in
order to incorporate it as a daily practice, to help them to achieve a better
work life balance, improve focus, reduce stress, or achieve other goals.</p>↵
123.                                                                    <p>I work closely with clients to
identify which techniques are best suited to their individual needs,
preferences, and desired outcome.</p> ↵
124.                                                                    <p>These may include breathing
techniques, mindfulness, body scanning, meditating on sounds or objects, guided
meditation, or visualisation.</p>↵
125.                                                                    <p>Helping clients to establish the
right kind of meditative practice can be a powerful tool for healing.</p>↵
126.                                                                    <p><a href="contact.html">Make an
enquiry</a></p>↵
127.                                                                </div>↵
128.                                                                <div class="modal-footer back-to-
therapies">↵
129.                                                                    <button type="button" class="close-
button" data-dismiss="modal">Back to Therapies</button>↵
130.                                                                    </div>↵

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131.                                     </div><↵
132.                                 </div><↵
133.                             </div><↵
134.                         </div><↵
135.                     </div><↵
136.                 </div><↵
137.             <div class="row no-gutters"><↵
138.                 <div class="col-12 therapy-section"><↵
139.                     <↵
140.                         <div class="image-text"><↵
141.                             <h3 data-toggle="modal" data-
target="#healModal">Healing</h3><↵
142.                                 <p>details...</p> <↵
143.                                     <div class="modal" id="healModal"><↵
144.                                         <div class="modal-dialog modal-dialog-
scrollable"><↵
145.                                             <div class="modal-content"><↵
146.                                                 <div class="modal-header therapy-name"><↵
147.                                                     <h4 class="modal-
title">Healing</h4><↵
148.                                                         </div>
↵
149.                                                         <div class="modal-body therapy-info"><↵
150.                                                             <p>Despite modern technology, hands
on healing is just as relevant today as it was centuries ago. It acts on the
energy field of living things, known as the Biofield.</p> <↵
151.                                                                 <p>Obstructions to the flow of
energy in and around the body causes symptoms of dis-ease which can result in
illness. Healing restores the flow of energy and stimulates the body to move
back into balance.</p> <↵
152.                                                                 <p>It is gentle, non-invasive and
can be safely used alongside any other treatment, alternative or conventional.
</p> <↵
153.                                                                 <p>I have witnessed its effects on
many levels. Treatments create a sense of calm, often relieving the stress and
the fear associated with illness. Release of congested energy can improve pain.
</p> <↵
154.                                                                 <p>Buried emotions can surface and
be released. Feelings of being stuck and unable to move forward in life can
resolve.</p><↵
155.                                                                 <p>I am able to feel, and sometimes
see, this energy and identify areas where energy is low or blocked. This enables
me to support my clients more effectively.</p> <↵
156.                                                                 <p>I also send distant healing and
teach self-healing techniques.</p><↵
157.                                                                 <p><a href="contact.html">Make an
enquiry</a></p><↵
158.                                                         </div><↵
159.                                         <div class="modal-footer back-to-
therapies"><↵
160.                                             <button type="button" class="close-
button" data-dismiss="modal">Back to Therapies</button><↵
161.                                                 </div><↵
162.                                         </div><↵
163.                                     </div><↵
164.                             </div><↵
165.                         </div><↵
166.                     </div><↵
167.                 </div><↵
168.             </section><↵
169.         <!--therapies testimonials--><↵
170.     <section><↵
171.         <div class="row no-gutters testimonial-section"><↵
172.             <div class="col-lg-4 therapies-testimonials"><↵
173.                 <h6><i class="fas fa-quote-left"></i> I have been seeing Christine
for the last 10 months for nutrition advice. I have found her to be most

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professional, interesting, helpful and efficient. ↵
174.     I am feeling considerably better thanks to her suggestions and
advice. <i class="fas fa-quote-right"></i></h6>↵
175.     <h5>J.B. (Hampshire)</h5>↵
176.     </div> ↵
177.     <div class="col-lg-4 therapies-testimonials">↵
178.     <h6><i class="fas fa-quote-left"></i> I have found Christine to be
professional, empathetic and deeply committed to the values and ethos of natural
nutrition and healing. ↵
179.     The knowledge and guidance that she has provided have not only
transformed the way I treat and look after my own body but have also had an
infinitely positive affect on the long term well being of my family. ↵
180.     I would recommend her services unreservedly. <i class="fas fa-quote-
right"></i></h6>↵
181.     <h5>J.S. (Hampshire)</h5> ↵
182.     </div> ↵
183.     <div class="col-lg-4 therapies-testimonials">↵
184.     <h6><i class="fas fa-quote-left"></i> This was the easiest diet to
follow once I was up to speed. The programme was extremely detailed with clear
explanations on how conclusions were reached. ↵
185.     I am able to understand my body better and know the signs to look
out for. I now use less medication. <i class="fas fa-quote-right"></i></h6>↵
186.     <h5>E.D. (Berkshire)</h5> ↵
187.     </div> ↵
188.     </div>↵
189. </section>↵
190. <!--footer-->↵
191. <footer>↵
192.     <div class="row no-gutters my-footer">↵
193.         <div class="col-sm-6 col-md-6 footer-left">↵
194.             <p>Contact me by email <a
href="mailto:cadavies@btconnect.com">cadavies@btconnect.com</a> or by phone <a
href="Tel:07852500677">07852 500 677</a></p>↵
195.         </div>↵
196.         <div class="col-sm-6 col-md-6 footer-right">↵
197.             <p>Follow my blog on <a
href="https://www.facebook.com/christinedaviesblog/" target="_blank"><i
class="fab fa-facebook fa-lg"></i></a></p>↵
198.         </div>↵
199.     </div>↵
200.     <div class="row no-gutters copywrite">↵
201.         <div class="col-12">↵
202.             <p>©EDavies 2020 Copyright</p>↵
203.         </div>↵
204.     </div>↵
205. </footer>↵
206. </div>↵
207. <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js" defer↵
208.     integrity="sha384-
DfXdz2htPH0lsSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj"↵
209.     crossorigin="anonymous"></script>↵
210. <script
src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js"
defer↵
211.     integrity="sha384-
9/reFTGAW83EW2RDu2S0VKAizap3H66lZ81PoYlFhbGU+6BZp6G7niu735Sk7lN"↵
212.     crossorigin="anonymous"></script>↵
213. <script
src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js"
defer↵
214.     integrity="sha384-
B4gt1jrGC7Jh4AgTPSdu0BvffO8shuf57BaghqFfPLYxofvL8/KUEfYiJOMMV+rV"↵
215.     crossorigin="anonymous"></script>↵
216. <script src="assets/javascript/script.js" defer></script>↵
217. </body>↵
218. </html>
```

Used the HTML parser.

Total execution time 32 milliseconds.

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