I researched problems about huge network traffic in websites and I found out that the reason behind them are:

a.) too much HTTP requests

b.) too much css and js file includes

c.) bad MySQL query design

solution:

1. Limit http request.

* Reduce request to a minimum
* Fewer request to images, stylesheets, and JS files
* Make css sprites to reduce image requests

1. Minifying css and js files

- reduces file size means saving bandwidth which means faster loading page

Combining multiple js and css files

* So that only a single file will be requested thus reducing HTTP request

1. Optimizing MySQL Queries

* Optimize queries by limiting results to the desired number of result only.
* Optimize queries by making multiple queries using multiple tables into one single query