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# Finding Longtail Keywords With Traffic

**MAKE SURE TO WATCH THE VIDEO TRAINING!!!!**

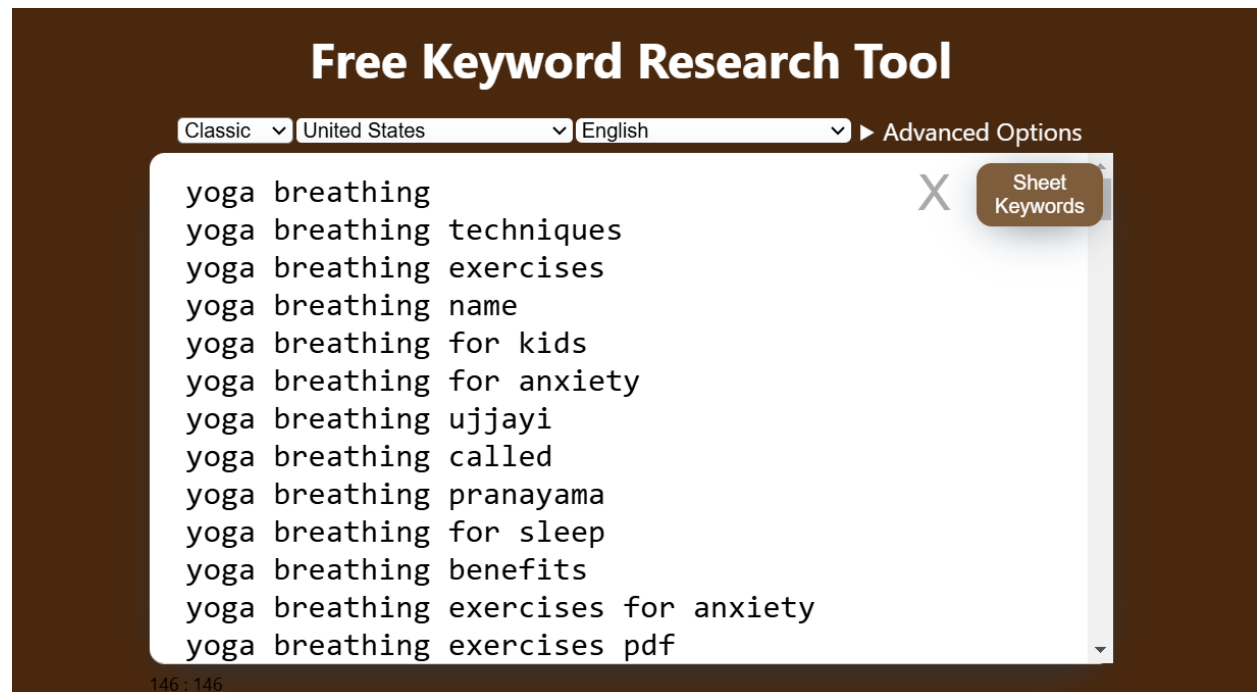
If you've purchased anything from me previously, you'll know that I love the free Keyword tool called [Keyword Sheeter](#).

This tool scrapes Google's auto-complete (or auto-suggest)

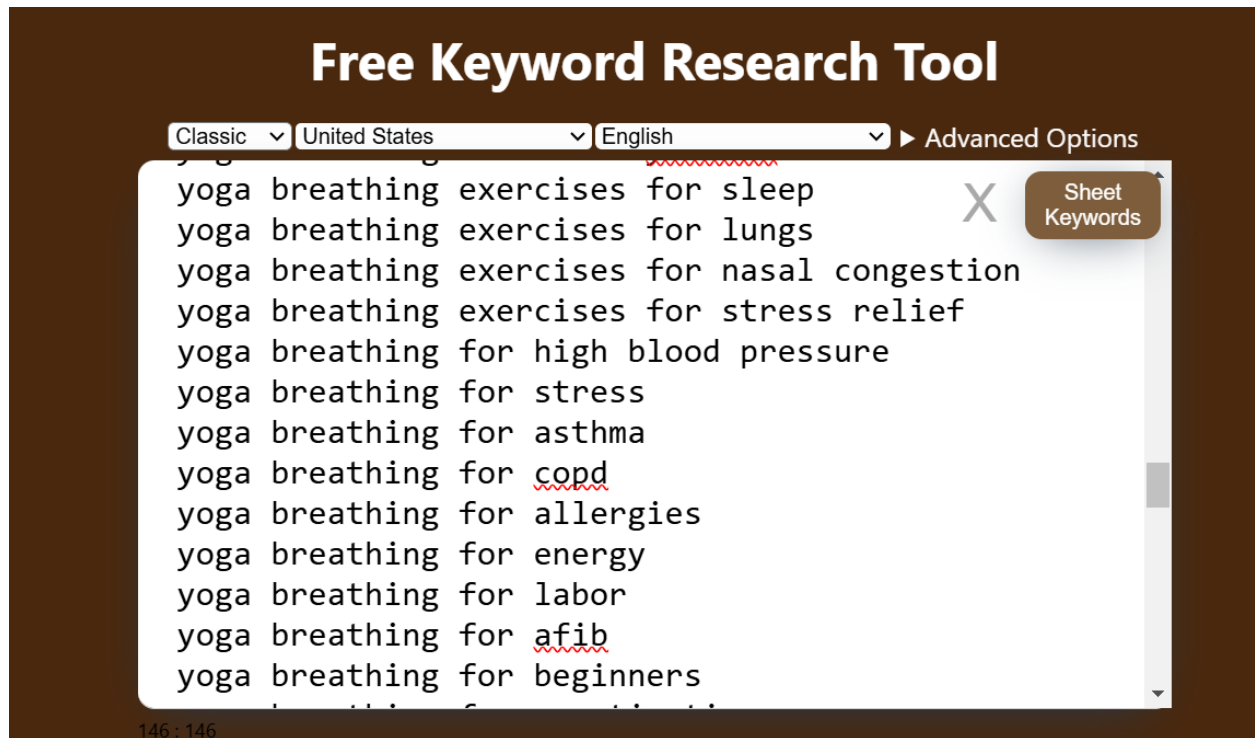
Auto-complete is where you start typing something into Google and Google will suggest other words and phrases that other people have been searching.

It's great for finding longtail keywords because Google actively suggests these keywords to people when someone uses Google to search for something.

Enter in a main keyword in this example we will use "yoga breathing" –



Find 10 keywords that appeal to you -



Next, head over to the [free Google ads Keyword Planner Tool](#). We will be using this to find search volume for the keywords we pulled out of Keyword Sheeter.



## Choose the right keywords

The right keywords can get your ad in front of the right customers, and Google Ads Keyword Planner is here to help.

[Go to Keyword Planner](#)

Paste in your 10 keywords to see the search volume.

Keyword	↓	Avg. monthly searches	1
yoga breathing exercises for sleep		10 – 100	
yoga breathing exercises for lungs		10 – 100	
yoga breathing exercises for stress relief		10 – 100	
yoga breathing for high blood pressure		10 – 100	
yoga breathing for stress		10 – 100	

It's good to choose keywords with low search volume 10-1000 monthly searches as they will be generally uncompetitive.

The idea is that these all add up and create a snowball effect of easy traffic.

It takes under a minute to create the content needed to target any keyword.

So if you're doing this consistently, every day, you will get a stream of quick traffic and then it builds with the more keywords you target.

These keywords look like a good target so let's move onto seeing how competitive they are.

# Using The Multi-Platform Keyword Search Tool

This software is straight out of my business and is based on a simple concept.

It essentially searches in quotes for these keywords on different platforms so you can gauge how competitive a keyword is to rank in Google.

Paste the list of the 10 or so keywords into each box in the tool –

## Multi-Platform Keyword Search Tool

### 1) Search Medium

```
yoga breathing exercises for sleep
yoga breathing exercises for lungs
yoga breathing exercises for nasal congestion
yoga breathing exercises for stress relief
yoga breathing for high blood pressure
```

Search on Medium

### 2) Search Google

```
yoga breathing exercises for sleep
yoga breathing exercises for lungs
yoga breathing exercises for nasal congestion
yoga breathing exercises for stress relief
yoga breathing for high blood pressure
```

Search on Google

### 3) Search Reddit

```
yoga breathing exercises for sleep
yoga breathing exercises for lungs
yoga breathing exercises for nasal congestion
yoga breathing exercises for stress relief
yoga breathing for high blood pressure
```

Search on Reddit

### 4) Search LinkedIn

```
yoga breathing exercises for sleep
yoga breathing exercises for lungs
```

When you click the “search” button it will open new tabs in your browser.

(I recommend setting your browser as Google Chrome and it may not do this at first and if that’s the case click on “allow pupups” in the address bar. **Again, watch the video training**).

When it comes to Medium, Reddit, and LinkedIn you will see if there are other pieces of content on the site targeting this keyword.

You will see it in the title or in the first part of the description.

What you’re looking for on these platforms are no posts directly targeting these keywords.

When it comes to Google, what you want to look for are either zero

—



It looks like there aren't many great matches for your search

Try using words that might appear on the page you’re looking for. For example, "cake recipes" instead of "how to make a cake."

**Need help?** Check out [other tips](#) for searching on Google.

You can also try these searches:

---

🔍 What is called breathing?

---

🔍 What is a breathing answer?

---

🔍 What are we breathing?

---

Or scroll down to the bottom of the search results and look for only 1 to 3 pages –

People also search for :

Yoga breathing for energy **youtube** 🔍

Yoga breathing for energy **benefits** 🔍

Google >  
1 2 3 Next

---

So for instance, if there's nothing in Medium and practically nothing in Google there's an extremely high probability your content will rank high for the search term in Google.

But if you have your own website, this is a great way to get traffic directly to your site.



# Using ChatGPT To Create The Content

So let's target the keyword "yoga breathing for high blood pressure" which is showing less than 2 pages of direct results in Google and getting verified searches in Google each month.

All you do to create the content you need to target this keyword is copy and paste the following prompt into ChatGPT replacing [YOUR KEYWORD] with your keyword.

In this example "yoga breathing for high blood pressure" –

Using Expert-Only Knowledge, Ninja Tactics, Insider Knowledge, Beyond the Basics, Under-the-Radar, Deep Dive, Myth-Busting Facts, Insider Tricks, Top-Secret Strategies, Revolutionary Techniques, Clandestine Methods, Esoteric Knowledge, Advanced Insights, Exclusive Information, Elite Tactics, Novel Approaches, High-Level Insights, Game-Changing Insights, Little-Known Strategies, Rarely Discussed Techniques, Off-the-Beaten-Path Insights, Uncommon Solutions, Behind-the-Curtain Secrets, Deep Knowledge, Exclusive Insights, Cutting-Edge Insights, Specialized Knowledge, Subversive Ideas, Deep-Dive Analysis, Unrivaled Expertise, Profound Insights, Expert-Level Solutions, Rare Gems (do not use these words directly in the content). Craft a 1000 word blog post around the keyword "[YOUR KEYWORD]".

For SEO purposes mention the exact keyword within the first 30 words (this is non-negotiable). Use a clear, logical hierarchy that starts with a compelling introduction containing emotional or power words addressing the reader's pain points or desires within the first 100 words. Use the Problem-Agitate-Solution (PAS) framework to hook the reader by defining the main problem, emphasizing its negative impact, and introducing your content as the ultimate solution. (Do NOT use the words problem, agitate, solution when creating the content). Structure the content using an inverted pyramid style, leading with the most valuable insights upfront, followed by supporting details and deep analysis. Break the content into distinct sections with keyword-optimized H2 and H3 subheadings that reflect both primary and long-tail keywords. Ensure each section transitions smoothly, using conversational language and natural keyword integration (avoiding over-optimization). Incorporate LSI (Latent Semantic Indexing) keywords throughout, making sure they enhance the context without keyword stuffing. Include question-answer formats where applicable, with concise responses optimized for featured snippets. Use structured data where relevant to increase visibility in rich results. Finally, end with a strong, action-oriented paragraph that encourages further interaction or exploration, ensuring the content matches the user's intent at every level.

The prompt is awesome...

It will give you an awesome article filled with stuff people actually want to read and not just fluff.

It also has a TON of SEO goodness baked into it.

The end result is great content that's structured to rank.

All you need to do is then copy and paste the content making sure to use the H2 and H3 tags (but deleting the actual H2 and H3 from the content) –

blood pressure in just a few rounds.

## **H2: Supporting the Benefits of Yoga Breathing with Lifestyle Changes**

While yoga breathing for high blood pressure can be powerful, it's even more effective when combined with other lifestyle adjustments. Incorporate these supportive changes to enhance your results:

- **Maintain a Balanced Diet**  
Opt for foods that support heart health, like leafy greens, whole grains, lean proteins, and healthy fats. Avoid excess salt, which can elevate blood pressure.
- **Exercise Regularly**  
Consistent, moderate exercise like walking, swimming, or yoga can help maintain healthy blood pressure levels.
- **Practice Mindfulness and Meditation**  
Integrating meditation with yoga breathing adds a powerful layer of stress management, reinforcing the relaxation response initiated by pranayama.

## **H3: How Long Does It Take to See Results?**

Consistency is key with any wellness practice,  yoga breathing for high blood pressure is no

What I like to do after the content is created is tell ChatGPT to write me a call to action or rewrite the conclusion portion to include a call to action promoting my website.

I enter this prompt –

Craft a call to action associated with this content I can use at the end to drive traffic to my website. Use emotional language to peak curiosity and make people want to click through.

Craft a call to action associated with this content I can use at the end to drive traffic to my website. Use emotional language to peak curiosity and make people want to click through.



Ready to unlock the power of your breath to lower blood pressure naturally? Imagine feeling calm, centered, and in control of your health—without relying solely on medications. Visit our site now to explore deeper insights, expert tips, and guided practices that can transform your wellness journey. Don't let high blood pressure hold you back; take the first breath toward a healthier, stress-free life today! [Click here to learn more and get started on your journey.](#)



You can also get ChatGPT to give you titles and descriptions for the content by entering this prompt –

Give me 10 SEO-friendly, clickbait-style blog post titles around the keyword based on the content you just gave me. The titles should be no more than 50 to 60 characters in length. Also, provide me with 5 SEO-friendly, 160-character descriptions utilizing the keyword. In both title suggestions and SEO descriptions, utilize the keyword exactly as written.

Give me 10 SEO-friendly, clickbait-style blog post titles around the keyword based on the content you just gave me. The titles should be no more than 50 to 60 characters in length. Also, provide me with 5 SEO-friendly, 160-character descriptions utilizing the keyword. In both title suggestions and SEO descriptions, utilize the keyword exactly as written.



#### **10 SEO-Friendly, Clickbait-Style Blog Post Titles**

1. Yoga Breathing for High Blood Pressure: A Life-Changing Hack
2. Master Yoga Breathing for High Blood Pressure Relief Today
3. How Yoga Breathing for High Blood Pressure Works Wonders
4. Yoga Breathing for High Blood Pressure: A Secret You Need
5. Unlock the Power of Yoga Breathing for High Blood Pressure

You then rinse & repeat this entire system.

In my experience even if Google says keywords are not getting traffic chances are the keywords still are receiving some traffic since Google is auto-suggesting them.

So don't discount keywords just because the keyword planner says they are not getting traffic.

Focus on the competition aspect more since it takes literally 60 seconds to create content and a call to action for any keyword.

The key is doing this consistently so you can start building traffic.

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