

— PUBLIC REPORT BY PROMTPRESS

Channel audit

Health from Nature



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SUBSCRIBERS

12 235

-76 per month

ERR (% WHO SEE
POSTS)

2.0%

last day 0.8%

REACH/POST

186

ad reach 103/24h

— CONTENTS · 2026

What's inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content analysis

Top 5 posts · worst 3 · insights

03 Subscriber dynamics

Yearly chart · growth

04 Quote rate

Who and how mentions the channel

05 Ad potential

How long a post generates reach

06 Competitors

Niche neighbors · your spot

07 Mention dynamics

6 months · monthly

08 Niche comparison

Rank in «Medicine» category

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle under the number shows the period it covers.

 SUBSCRIBERS 12 235 —	 SUBSCRIBER REACH 1.52% avg % subs see post	 VIEWS/POST 186 median 195 · 29 days	 POSTS/WEEK 36.7 for period
 7D TREND -8.8% vs previous week	 REACTIONS/POST 0.2 31 reactions, 831 reposts, 0 comments	 POST LENGTH 322 chars median 57 · 29 days	 POSTS ANALYZED 155 29 days
 AD REACH 103 avg per 24h	 CHURN / MONTH -76 last month	 QUOTE RATE 207 citation index · 518 channels mentioned all time	 CHANNEL AGE 5 years 5 months created 06.02.2021

AI EDITOR SUMMARY

Channel «Health from Nature» — 12 235 subs. Avg views per post: 186 people (2% of subs), low reach — need to grow audience. Posts 37 posts/week (~5/day) — active posting. Week Jul 6–12 reach dropped -8.8% by week Jun 29 – Jul 5 — worth analyzing.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **155** posts over 29 days.
- 02 Dominant format — **Video** (85/155 posts).
- 03 Avg post length — **322** chars (median 57).
- 04 Peak audience activity — **Wednesday**, 15:00 MSK.
- 05 Top posts drive **2×** more views than the weakest (277 avg for top vs 127 for worst) — among 155 posts over 29 days. Analyze what the top posts have in common: topic, format, publish time.

TOP 5 POSTS

Nº1 24.06 · 12:16 PHOTO The most complete list of vitamins that actually help your body Our body often signals a deficiency of specific substances through...	VIEWS 304 REPOSTS 22	REACTIONS — ER 2.5%
Nº2 21.06 · 14:00 TEXT LEGS SWELL LIKE LOGS BY EVENING — DOCTOR REVEALS WHAT WORKS BY DAY 3 I thought it was just age. Turns out —...	VIEWS 265 REPOSTS 11	REACTIONS — ER 2.2%
Nº3 21.06 · 17:16 VIDEO 8 exercises good for health WE ARE ON FIRE 🔥 subscribe	VIEWS 263 REPOSTS 13	REACTIONS — ER 2.1%

Nº4 21.06 · 04:21 PHOTO Vessels like new: Soviet methods that still work! Cholesterol, poor circulation, heavy legs – all this often...	VIEWS 258 REPOSTS 12	REACTIONS — ER 2.1%
Nº5 26.06 · 17:16 VIDEO WE'RE ON FIRE 🔥 subscribe	VIEWS 258 REPOSTS 5	REACTIONS — ER 2.1%

|

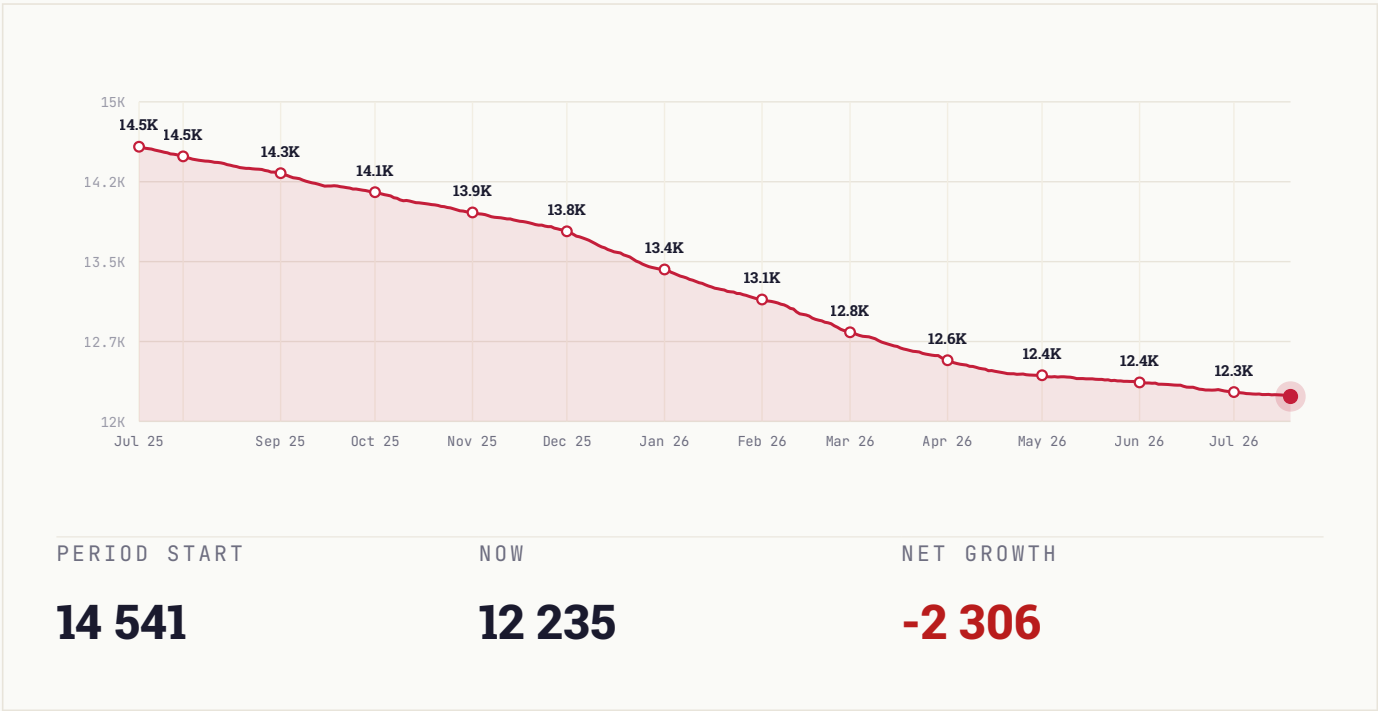
WORST 3

↓ 16.07 · 14:00 VIDEO 95% of people don't know this about their body WE ARE ON FIRE 🔥 subscribe	VIEWS 133 REPOSTS 8	REACTIONS 1 ER 1.1%
↓ 16.07 · 12:15 PHOTO Natural antibiotics against pathogenic bacteria ■An experiment in Azerbaijan proved the magical properties of garlic. In one...	VIEWS 128 REPOSTS 5	REACTIONS 1 ER 1.0%
↓ 16.07 · 17:17 VIDEO WE'RE ON FIRE 🔥 subscribe	VIEWS 120 REPOSTS 7	REACTIONS — ER 1.0%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

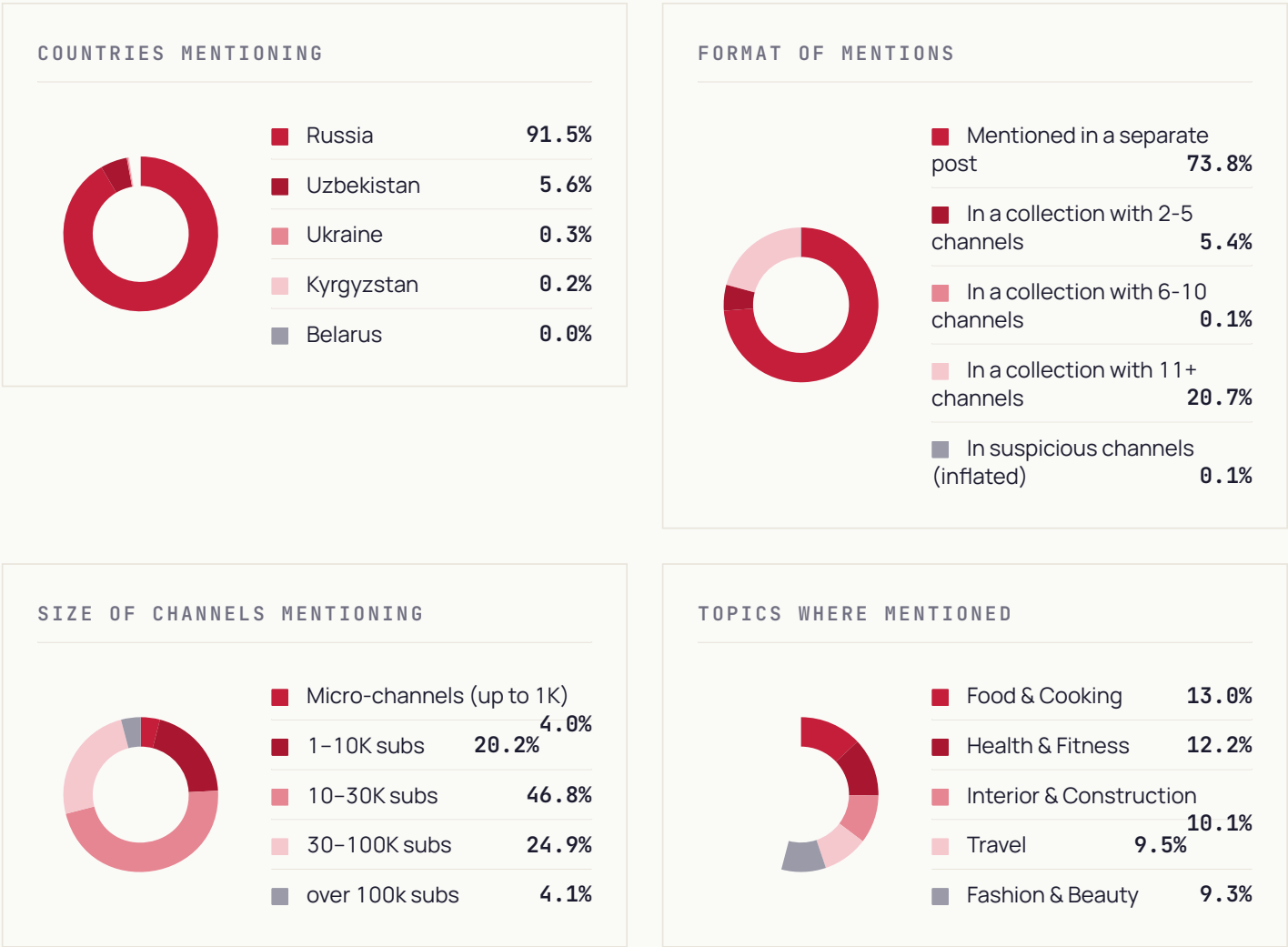
Subscriber growth chart over the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who and how mentions the channel

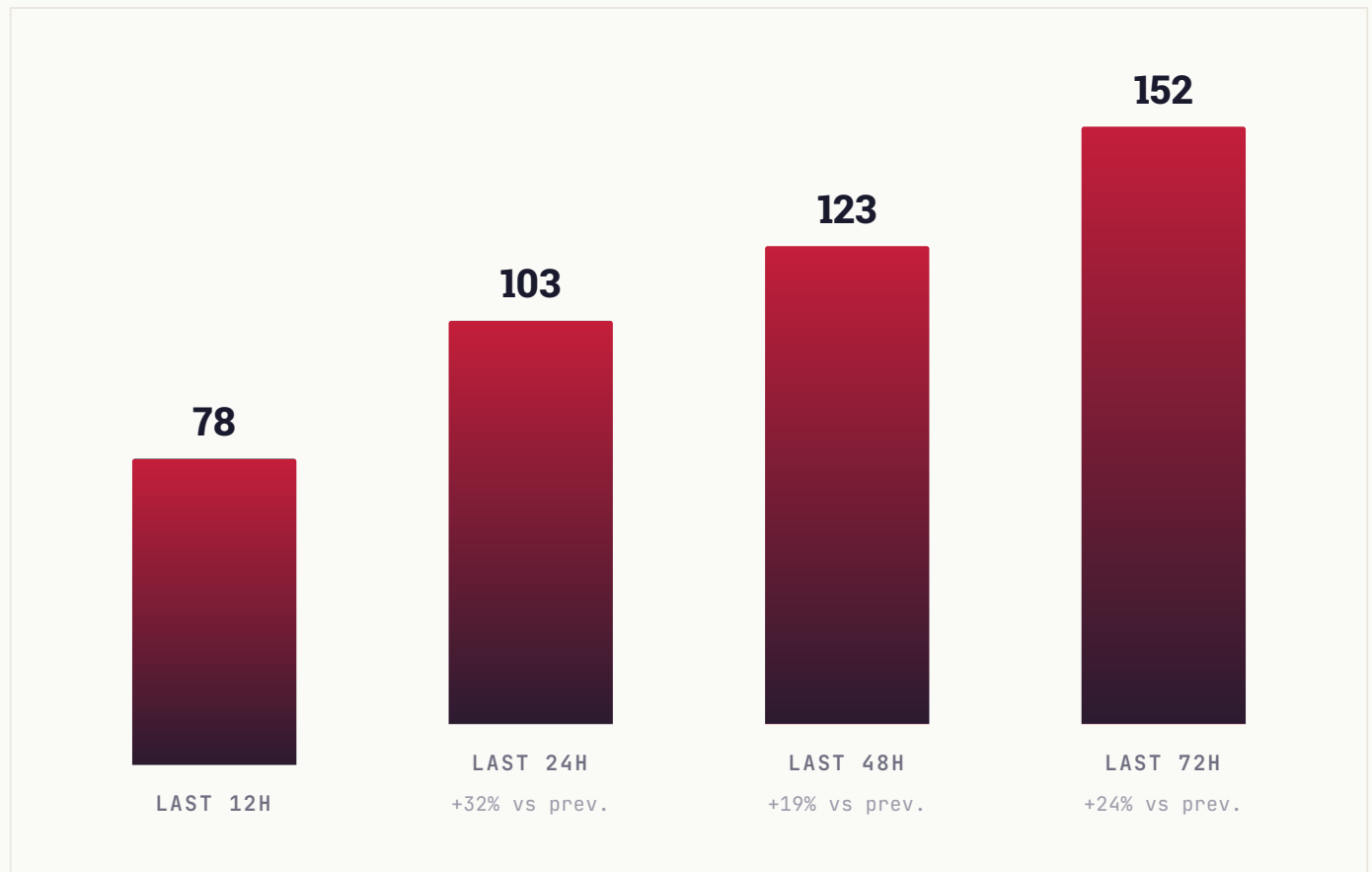
Citation index **207** — channel popularity rating based on mentions. Considers not only quantity but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All time the channel was mentioned **518** different channels.



— SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of an ad post by time since publication. Helps estimate how long a placement should «live».



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — you can see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
DT Dr Tel	755.5K
BI Blog from the morgue	354.1K
تا تعليم اللغة الإنجليزية 	328.2K
ا الجراحة  Surgery  - Crypto currency	318.4K
EM Endocrinologist Magerya	292.5K
EP EXPERIENCED PHARMACIST	264.6K
AP APTEKA_TV	241.5K
MM Moscow Medicine	237.8K
Х  Халқ табобати 	235.1K
Health HealthControl	222.2K
Health Health from Nature YOU	12.2K

COMPARATIVE CONCLUSION

Channel is still outside niche top 97 — early growth stage. Niche leader — Dr Tel (755.5K), top-97 median: 103.2K. First goal: enter top-97 through systematic work on traffic and content.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Monthly we record posts in other channels that mention yours. Over the last **6 months** such mentions: **0**, they brought **8** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	0	
December 2025	0	0	0	
Nov 2025	0	0	0	
Oct 2025	0	0	3	
September 2025	0	0	4	
August 2025	0	0	1	
TOTAL MENTIONS	MONTHS OF DATA		ATTRACTED SUBSCRIBERS	
0	6		8	

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Medicine» (Russia) and saw how your channel compares. Gray band: range for 80% of niche channels (p10 to p90). Black vertical: median. Red dot: your channel.



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and return to this report in a month.

- 01

Top post of the week — on Wednesday

On this day at 15:00 MSK audience is most active.

EFFECT

Best window for an important post
- 02

ER below niche benchmark — rethink formats

Current ER 1.52% vs norm 5.5%. Try polls and interactive formats.

EFFECT

+4.0pp ER
- 03

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

+1000-3000 subs
- 04

Test polls and interactive formats

Posts with polls/reactions usually give +5-15% ER. One poll per week on a hot topic — easy growth point.

EFFECT

+5-15% ER
- 05

Cross-promo with neighboring channels

Swap posts quarterly with channels in the same niche. No need daily — 2-3 collabs give relevant growth.

EFFECT

Growth from relevant audience

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in a few minutes based on public data. If you want to go further — run ads through us and hit your growth target in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
