

PROMTPRESS PUBLIC REPORT

Channel audit

Irina Shimanskaya Holistica



@tibetdoc

№ 4924905382 Rational nutritionist Energy, lightness, flat stomach, beautiful skin, healthy weight and low stress through food and healthy lifestyle instead of handfuls of supplements. School of practical...

SUBSCRIBERS

79 677

12.07.2026

+263 per month

ERR (% SEE POSTS)

10.0%

daily 4.2%

REACH/POST

7.1K

[HTTPS://PROMTPRESS.COM/AUDIT/TIBETDOC](https://promptpress.com/audit/tibetdoc)
ad reach 3.4K/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 Citation rate

Who mentions the channel & how

05 Ad potential

How long a post generates reach

06 Competitors

Niche neighbors · your place

07 Mention dynamics

6 months · monthly

08 Niche comparison

Rank in «Health & Fitness» category

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

SUBSCRIBERS 79 677 —	SUBSCRIBER REACH 8.95% avg % subs see post	VIEWS/POST 7.1K median 7.1K · 29 days	POSTS/WEEK 11.6 for period
7D TREND -11.8% vs previous week	REACTIONS/POST 131.6 total 6,318 reactions, 3,711 reposts, 558 comments	POST LENGTH 997 chars. median 1,000 · 29 days	POSTS ANALYZED 48 29 days
AD REACH 3.4K 24h avg	CHURN / MONTH +263 last month	CITATION RATE 678 citation index · 776 channels mentioned all time	CHANNEL AGE 4 years 9 months created 05.10.2021

AI EDITOR SUMMARY

Channel «Irina Shimanskaya Holistica» — 79 677 subs. Each post avg views 7.1K people (9% of subs), reach low — expand audience. Posts 12 posts/week (~2/day) — consistent. Week Jun 29–Jul 5 reach dropped -11.8% to week Jun 22–28 — analyze why.

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 TOP POSTS HAVE IN COMMON

- 01 Analysis based on **48** posts in 29 days.
- 02 Dominant format — **Photo** (33/48 posts).
- 03 Avg post length — **997** chars (median 1,000).
- 04 Audience peak activity — **Tue, 06:00 MSK**.
- 05 Top posts get **2x** more views than the weakest (8.6K avg for top vs 5.4K for worst) — among 48 posts over 29 days. Worth analyzing what the top has in common — topic, format, timing.

TOP 5 POSTS

Nº1 23.06 · 03:59 PHOTO Queen's Breakfast 🍷 Friends, yesterday we talked about why trendy breakfasts of croissant with coffee or oatmeal with berries trigger sugar...	VIEWS 8 653 REP. 219	REACTIONS 229 ER 10.9%
Nº2 15.06 · 09:02 PHOTO Insulin Resistance: Why the Liver Suffers First When we hear about insulin resistance (IR), it often seems that it occurs...	VIEWS 8 636 REP. 60	REACTIONS 90 ER 10.8%
Nº3 14.06 · 04:02 PHOTO 🌿 Secret weapon against excess weight + recipe I'm sure many who have ever tried to lose weight imagined this...	VIEWS 8 596 REP. 255	REACTIONS 208 ER 10.8%

Nº4 24.06 · 04:00 PHOTO 🧠 Brain diabetes: how Alzheimer's starts on our plate and in our head Friends, today I want to touch on a topic that has long been...	VIEWS 8 589 REP. 86	REACTIONS 144 ER 10.8%
Nº5 22.06 · 04:02 VIDEO Hot flashes, swelling, weight gain, insomnia? This spice will surprise you 🔥 After 40 we often look for complex solutions. Buy expensive creams...	VIEWS 8 547 REP. 58	REACTIONS 144 ER 10.7%

|

WORST 3

↓ 08.07 · 04:01 PHOTO Hormonal Warehouse. Who opened a cannery inside your body? + Detox Recipe Imagine that inside the body...	VIEWS 5 499 REP. 123	REACTIONS 152 ER 6.9%
↓ 09.07 · 04:02 PHOTO The biggest lie about endometriosis? One in ten women worldwide suffers from endometriosis. This condition, where cells inside the...	VIEWS 5 364 REP. 54	REACTIONS 120 ER 6.7%
↓ 08.07 · 14:01 VIDEO How a Craze for One Supplement Can Make You Lose Your Hair Taking zinc for immunity, clear skin, or at the first sign of a cold?...	VIEWS 5 253 REP. 54	REACTIONS 109 ER 6.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

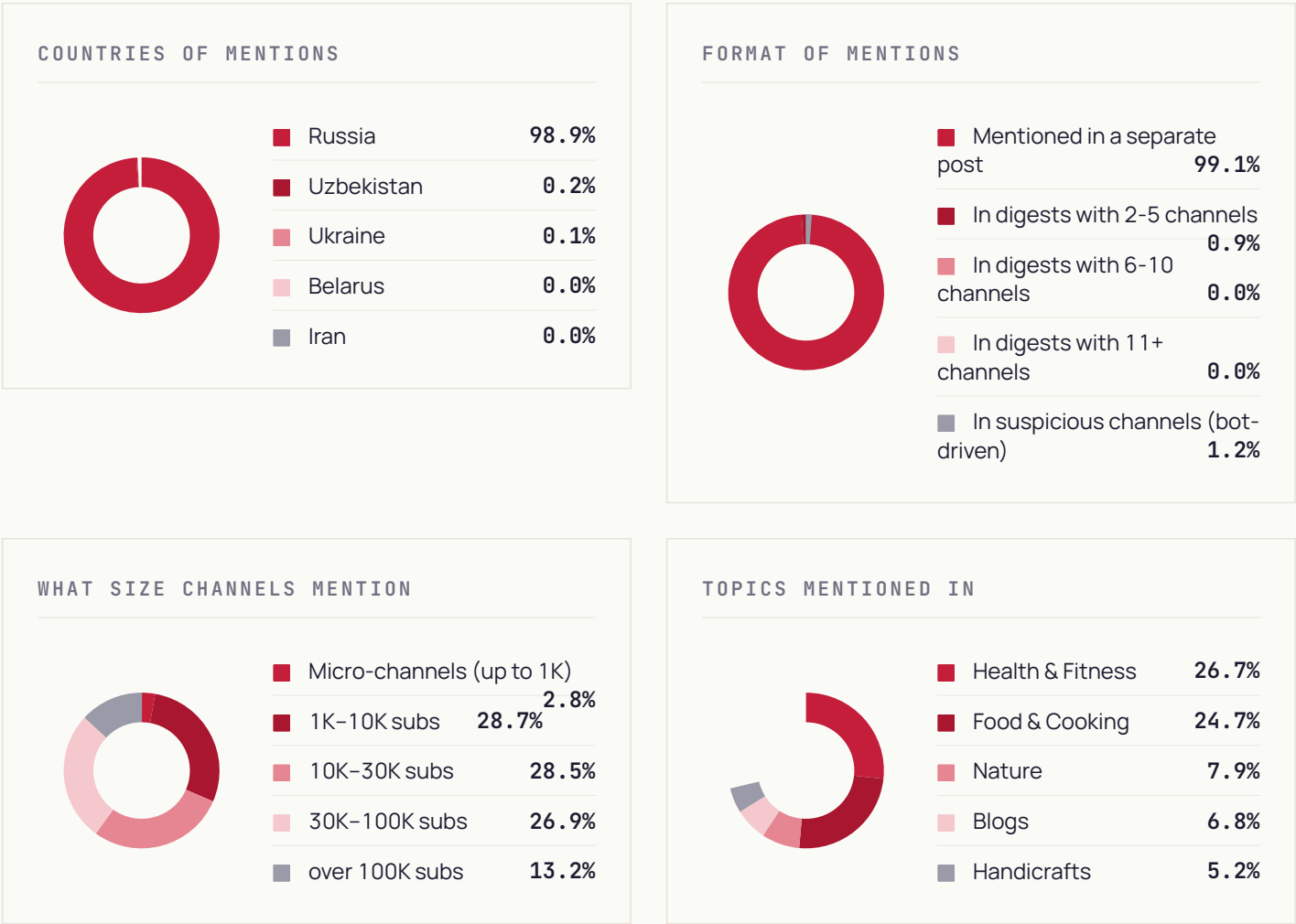
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel how

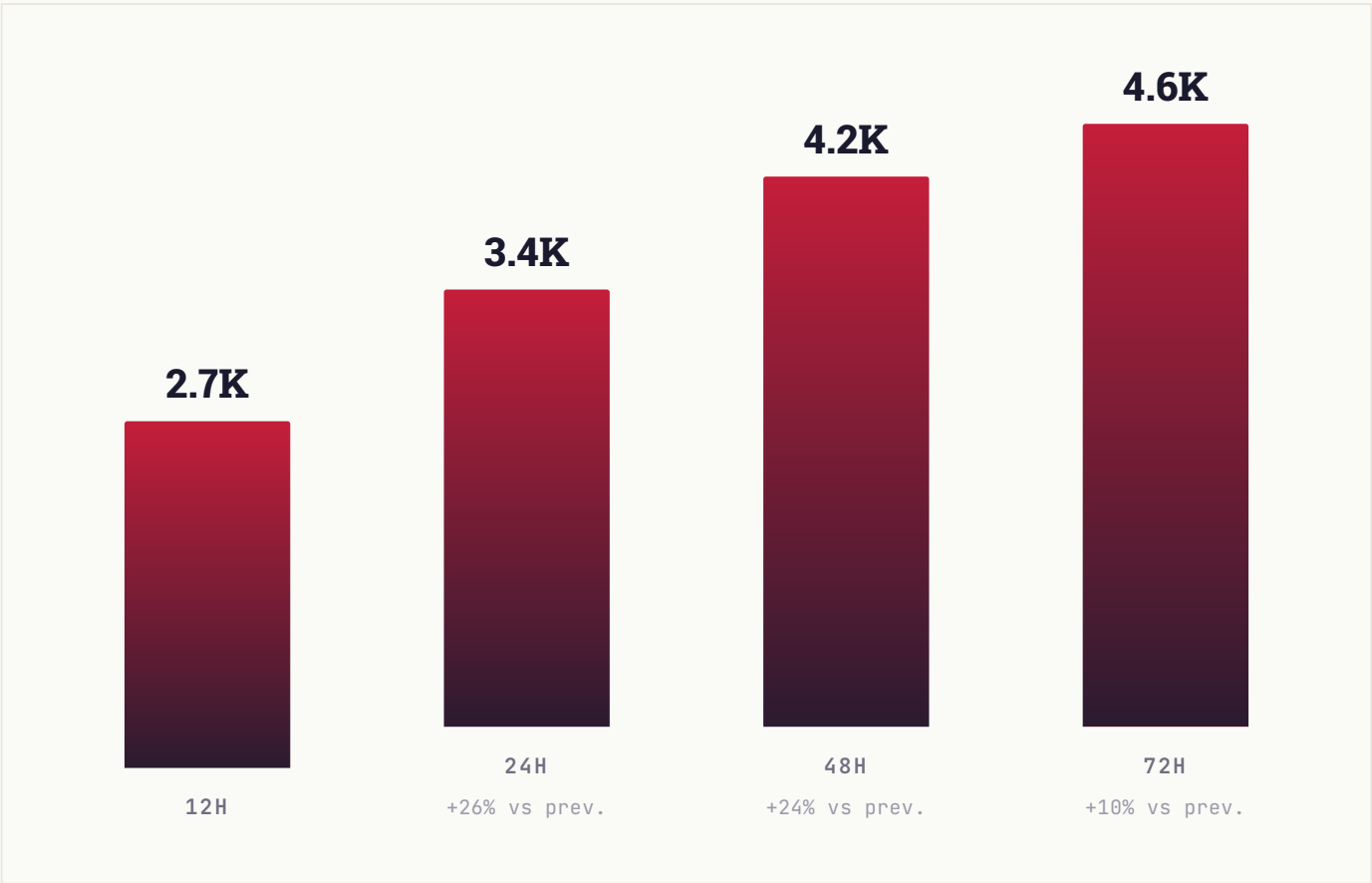
Citation index **678** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel 'weighs' more than from a 1K subs channel. All time channel was mentioned **776** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of an ad post over 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. Highlighted your channel — shows its place among niche neighbors.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
KZ Test purchase	764.4K
BI Biohackers	580.7K
GS GymDeals- Supplements & Whey Protein Offers	536.2K
BI Biohacking	531.8K
SL Sport Life	523.4K
VN Eternity in Tibet	492.3K
NT Our body	480.2K
AU Ales Ulishchenko Osteopath, PhD Author of faceplastics	476.4K
BZ Stay Healthy	447.3K
IS Irina Shimanskaya Holistica	YOU 79.7K

COMPARATIVE INSIGHT

Channel not yet outside top-97 niche — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 166.3K. First goal — enter top-97 through systematic work on traffic and content.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Every month we record posts in other channels that mention yours. Over the last **6 months** such mentions were **632**, they brought **20 304** new subs.

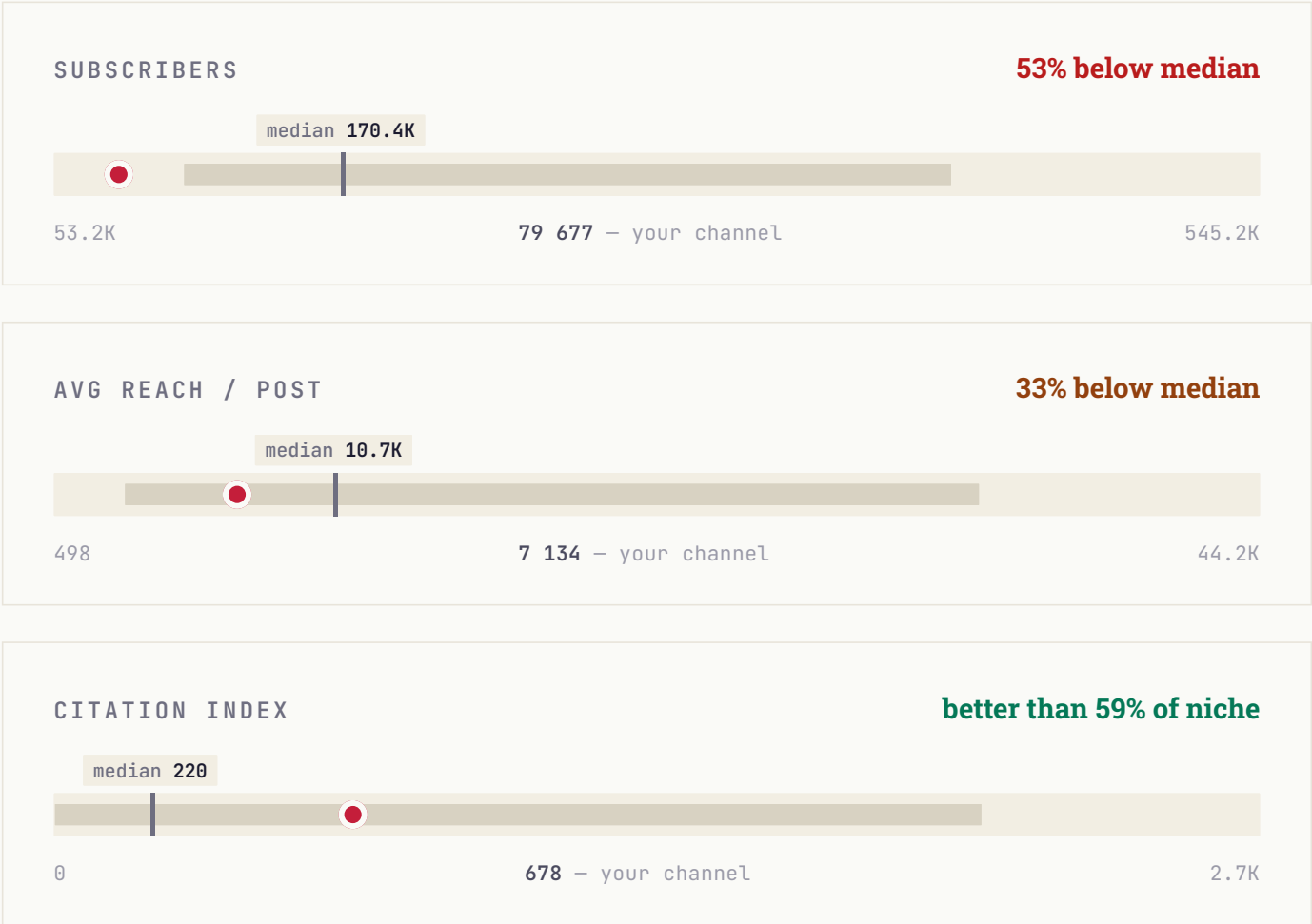
PERIOD	MENTIONS	CHANNELS	SUBS ACQUIRED
January 2026	95	87	3 831
December 2025	61	59	713
November 2025	145	135	5 588
October 2025	153	148	6 068
September 2025	114	111	2 870
August 2025	64	61	1 234

TOTAL MENTIONS	MONTHS OF DATA	SUBS ATTRACTED
632	6	20 304

SECTION 08 · NICHE COMPARISON

Where the channel ranks in its league

Took top-100 channels in category «Health & Fitness» (Russia) and saw how your channel compares. Gray band — range covering 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 them off and revisit this report in a month.

01

Top post of the week — Tuesday

Audience is most active on this day at 06:00 MSK.

EFFECT

**Best time for
an important
post**

02

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.**

03

Test polls and interactive formats

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

EFFECT

+5-15% ER

04

Cross-promo with similar channels

Swap posts with similar channels once a quarter. No need daily — 2-3 collabs bring relevant growth.

EFFECT

**Growth from
relevant
audience**

05

Update channel description for Telegram search

Telegram search looks at description. Add 3-5 niche keywords — it's a source of organic traffic.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit — 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 plan in a month.

01 **Launch ads on Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
