

Mindfulness extends into mealtime

According to the nonprofit [Global Wellness Institute](#), healthy eating, nutrition and weight loss represent a growing, [\\$702 billion-dollar sector](#) of the \$4.2 trillion wellness market. *How* and *what* we feed our bodies has never received more scrutiny. The rise of dairy-free, gluten-free, vegetarian, keto, paleo, and other diets show that we're increasingly preoccupied with food.

Yet many of us still don't know what to eat. We're confused and overwhelmed.

In response, some experts are turning to [personalized nutrition](#). This could include advice based on DNA, genotypes, and blood biomarkers. Silicon Valley also continues to churn out [bio-tracking devices](#) – from Fitbit to Strava to MyFitnessPal – to help us monitor every available health metric.

But for the millions who can't access cutting-edge medical technology or who are tired of counting steps, there's a simpler, saner approach: listening to our bodies.

Mindful eating means connecting to how we feel, physically and emotionally, at every meal.

Founded by Vancouver developer Nick Tchir, Savor is a mindful eating app that helps you to create a healthier relationship with food.

Explore hundreds of courses on themes including food behaviors, memories, life milestones, key relationships, and past traumas. Easy guided journaling exercises help you to heal and grow without dieting, obsessive food tracking, or talking about your "ideal" body.

It's time to nourish your body and mind – and end your struggles with eating. Download Savor now from the App Store or Google Play.

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More about Savor

Savor helps people to create a healthier relationship with food. Our clean interface and empathetic approach equips users to confront their issues with eating and body image. Guided journaling prompts, developed by a certified holistic nutritionist, inspire learning and healing at a comfortable, personalized pace.

With Savor, there's no calorie counting, photo documentation, or obsessive food tracking. Instead, we focus on the deeply-held stories that drive decisions and behaviors. The result is a more sustainable approach to eating, based on emotional wellbeing and self-acceptance.

Use Savor to:

- Explore and complete hundreds of guided daily practices
- Use journal prompts for reflection and introspection
- Save your course progress over time
- Share journal snippets on social or keep them private
- Set personal goals to stay on your path
- Get daily reminders to help you complete practices
- Try our free basic course before subscribing
- Enjoy new resources and content every month

Why you'll love Savor

Savor provides a safe place to explore who you are, without any emphasis on achieving an "ideal body." It guides you away from negative or limiting beliefs by reflecting on the experiences that have shaped your present.

Our courses feature meaningful daily sessions on a wide array of topics. For example, we realize that your relationship with food has probably been affected by dieting – a common practice that Savor aims to dismantle. We also know that everyone is unique. Our thought-provoking questions recognize your individuality and help you to mine the subconscious beliefs that influence your daily decisions.

Savor's holistic approach simultaneously considers body image, eating behaviors, and mental health in order to promote healing. By examining both internal and external influences, we guide you to see yourself in a new light – and pave the way for change.

Savor also provides a beautiful space for you to reflect on your journal entries as you learn and grow. Each session is guided by our in-house holistic nutritionist, with writing prompts that eliminate the daunting, blank screen of a typical diary. It's a lightweight and time-effective approach.

Inspiration can strike anywhere, which is why Savor provides a daily intention – including a question or activity – for you to consider throughout your day. When the time feels right, simply open the app and use the guided journaling practice to explore the day's topic.

Everyone experiences their own, unique journey with food. Whether you're cycling between bingeing and restricting, wrestling with self-worth and body image, or yearning for a deeper connection to yourself, you're not alone.

Savor's hundreds of guided practices are designed to help you explore your behaviors, emotions, beliefs, and past experiences with food. Learn how your life story affects your present, and most importantly, how you can create a better relationship with food. It's time to nourish your body and your mind, and end your struggles with eating.

Get in touch

If you have any questions or feedback, please get in touch. Savor was created by a small, three-person team based in Vancouver, and we'd love to hear your thoughts. Our CEO Nick is available by email nick@savor.co