

Last day of the show

TODAY is the final day of the East Coast Radio House & Garden Show – and if you haven't been yet, get out of bed and make your way there right now!

The final day has so much to offer and is always abuzz with closing show specials and so much more. From delicious food to big home appliances, home décor inspiration and gardening tips, you'll find it all at this year's show as it celebrates the simple life with the theme "Love real life".

Chocolate, chocolate everywhere

Stop! What if you knew that indulging a craving for chocolates had health benefits? If you fall into the desperate chocoholic category (like most of us), recent findings that reveal a number of health positives associated with chocolate will have you heading happily to the nearest confectionery.

While chocolate has played the villain from the beginning of time for its high fat content, chocolate lovers will be pleased to know that if taken in moderation, good quality dark chocolate contains a range of nutrients that are actually beneficial to your health.

Anti-oxidants

Numerous health benefits linked to chocolate come from flavonoids, a type of anti-oxidant that is found in plant-based foods. These antioxidants are known to help the body fight damage and aid in blood flow, keeping you in good physical shape.

Lower blood pressure and cholesterol

The old adage of "all things in moderation" applies exceptionally well to chocolate. Studies have shown that consuming a small bar of dark chocolate everyday can reduce blood pressure in individuals with high blood pressure.

Dark chocolate has also been shown to reduce LDL cholesterol (the bad cholesterol) by up to 10%.

So, now that you have the green light to indulge that sweet tooth, come down to this year's show and visit Arriba Chocolates, which offers chocoholics a range of assorted hand-made Belgian chocolates crafted from the finest quality Couverture chocolate.

Sugar & Spice will also have its range of innovative chocolate treats on sale in the Local Rocks Hall.

