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# Uni's new cure changed my life, says gran

READING University researchers have shown they have the stomach for a challenge after developing a groundbreaking product to help people with digestive problems.

The university has been involved in trials of a 'pre-biotic' powder, which acts as food for health-promoting, bacteria that naturally live in the gut.

The results of the trials were published last week in the American Journal of Clinical Nutrition and among the local beneficiaries has been 63-year-old Mary Winsby of Barnsdale Road, Whitley.

The retired grandmother of five had been suffering from digestive problems for 15 years and told the *Chronicle*: "It's made a huge difference to my life.

"In the past if I was going somewhere, even if it was just pottering around the shops, I'd be wondering where the loos were and it stopped me doing things I could have otherwise done."

Mary took part in a trial at the University for 10 weeks in December 2006 and again in

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June last year. Participants were not told whether they had been given the genuine product or a placebo, but Mary said: "Within the first part of the trial I knew I was on the genuine product because I'd had these problems for over 15 years and there had been such a big improvement all of a sudden."

Now the trial is finished Mary still buys the food supplement, called **Bimuno**, over the counter at Boots.

She said: "I just take the powder once a day. Usually I stir it in my morning cup of tea before I put the milk in."

George Tzortzis was involved in the development of Bimuno. He said: "My role was as part of a post-doctorate at the University of Reading. I

was given four years to develop this product and since then we've been doing trials. With probiotics, which some people may have heard about, you add numbers of good bacteria to the gut, whereas with pre-biotics, it acts as a food for the good bacteria that's already there.

"As well as the benefits for people with digestive disorders, there was also evidence to show that the healthy bacteria provided a boost to the immune system.

"The fact these trials were done in Reading is largely down to professor Glenn Gibson, who is head of food microbial sciences at the University.

"He is one of the world's best researchers in this area."



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**Tum-thing amazing:**  
Mary Winsby with Bimuno, developed by Reading University, which has changed her life. 080594a

