



## Fact File

### **My guidance for attempting to break the world record for the Most toothpicks rotated in the mouth simultaneously**

Sure, it is painful. But in my case, a little pain is acceptable if it means I've got a chance to attain another world record! So I kept trying this one, knowing it would be demanding on my body every time. Yet I still like it, and others might too.

To start, gear up for a few rules, such as:

- use the right size toothpicks.
- make sure you turn them 360 degrees.

I enjoyed this one, even if it meant pain for a few hours. Today I've got the certificate and I'm smiling, but that's my attitude towards breaking world records. Me? I'm in if it means a good time and possible success.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

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*Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.*