



Fact File

My guidance for attempting to break the world record for the Most candles lit in the mouth

Wax simply isn't pleasant to have on your teeth. But if you plan carefully, maybe you can satisfy yourself that this is worth the possible fame. Once you've decided you're going to try this, walk everywhere with your jaws opened as wide as the muscles will allow. You'd not be looking for attention, of course. You'd be stretching your mouth so you can push more candles into it. I am fairly sure such effort will pay off if you are desperate enough to claim this world record.

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

- use regular candles.
- have a timekeeper with you.

If you're adamant you want fame, as I am, and if you like the idea of swallowing bits of candle wax, then this could be fun. Have a fantastic time sinking your teeth into candlesticks that were meant to be burned and nothing more. One word of advice – be prepared for anyone and everyone to stare at you as soon as you've made your attempt, because you'll be spitting as if you're in a competition.

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

Enjoy.

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.