



Fact File

My guidance for attempting to break the world record for the Most garlic cloves eaten in one minute

Got over-sensitive taste buds? Then you might want to think about this. But let's say you're sold on the idea, the next thing you'll need is jaws and a throat that work at great speed. What happens to you once the stuff is inside you is really your issue, I think. You know what my attitude is – I did it.

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

- weigh each clove.
- have timekeepers with you.

I bet those around you will laugh. If I were there, I'd laugh so hard you'd feel the vibrations. You couldn't blame people, could you.

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.