



Fact File

My guidance for attempting to break the world record for the Greatest weight lifted with human tongue

Stop. Think. You're keen to hang an incredible weight off your tongue; the only tongue you've got for life? Well, that's lovely. Is your tongue pierced? Mine isn't, so I had to make a plan. Whether you've pierced yours or not, remember your neck is not infinitely strong. But if you're determined on this one, hey – best of luck. Just don't scream so loud you wake the neighbours.

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

- find a way to attach all the weight to your tongue with no other support.
- make sure you can bear the sensation for 10 seconds.
- convince a medical professional to watch your bravery.

If there's only one thing left for me to say, it's to consider your safety. I'll respect you for life if you've got the mental strength to endure this beauty.

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.