Symptoms:

My windows computer is running slower and slower.

Solution:

Install and run the following utilities in the order of 1 through 10. Reboot your computer after you complete an installation. With each completed utility installed, your computer will begin to run faster.

1. Uphclean

http://www.microsoft.com/downloads/details.aspx?familyid=1B286E6D-8912-4E18-B570-42470E2F3582&displaylang=en

2. Ccleaner

http://www.filehippo.com/download_ccleaner/   download latest version in the top right corner

3. Virtual Ram

Virtual RAM should be set to 1.5 the amount of ram in your computer to 2 times the amount of ram in your computer. To check and set the ram: Open control Panel and click on System.

System

The RAM totals is shown on the General tab.
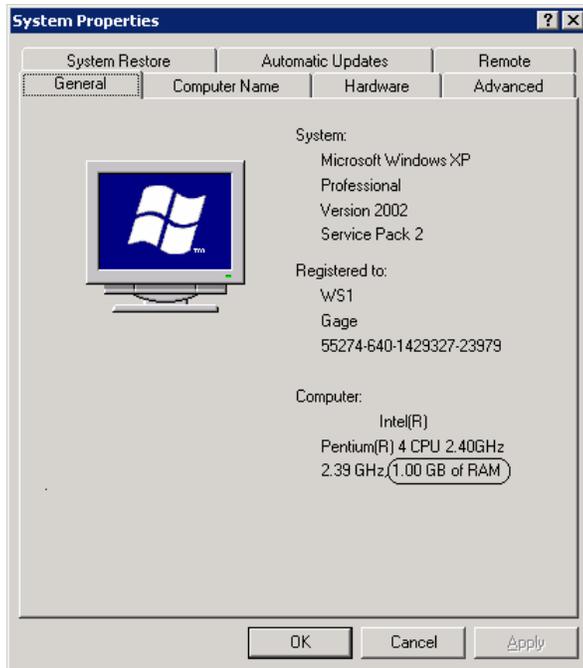
Note the amount of RAM as circled above.

To set the RAM, click on the advanced tab.
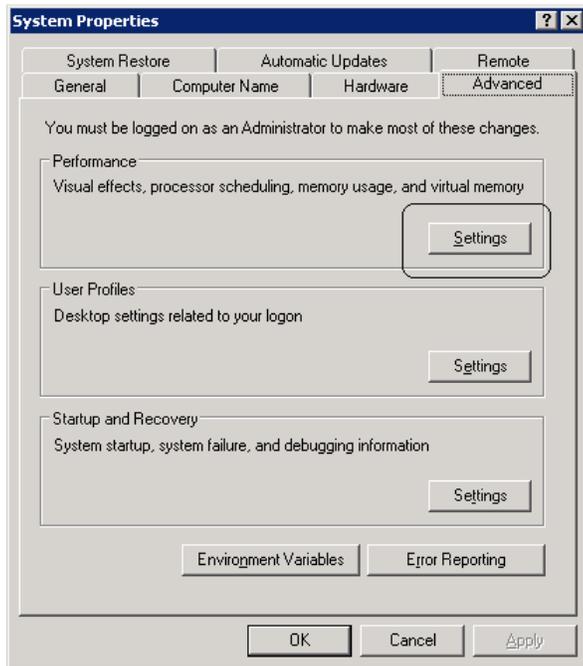
Click on the Settings button in the Performance section.
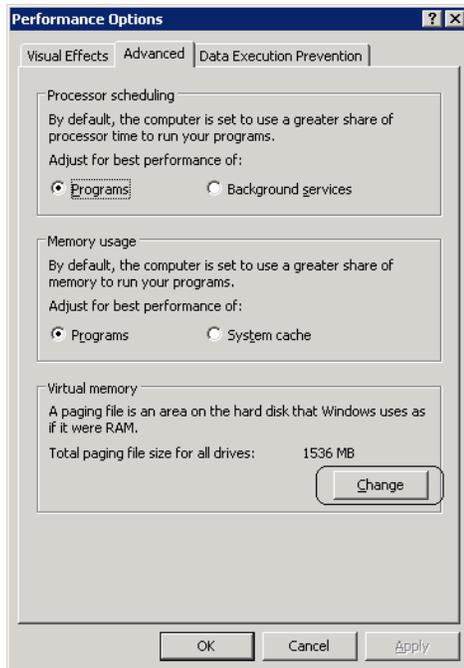
Click on the Advance tab and then click on the Change button.
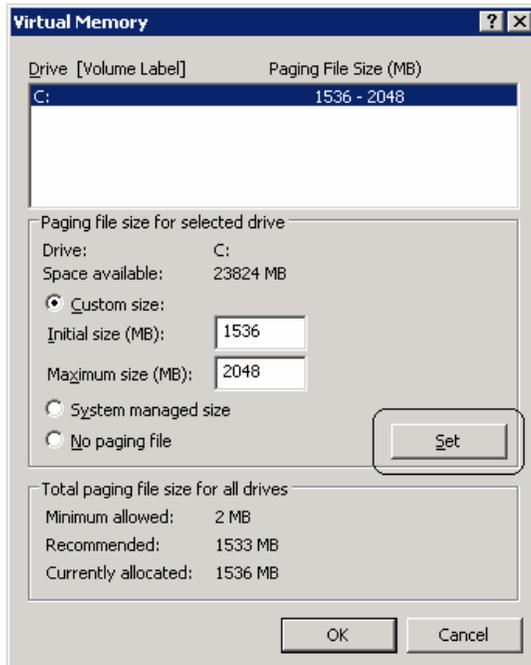
In the Custom Size box, enter the following values:

Initial size (MB): is 1.5 times your RAM

Maximum siz (MB): is 2.0 times your RAM

Click the Set button. A reboot of the computer is required.

4. Adjust Windows for Best Performance

Open control Panel and click on System.

System

The RAM totals is shown on the General tab.

Note the amount of RAM as circled above.

To set the virtual RAM, click on the Advanced tab.
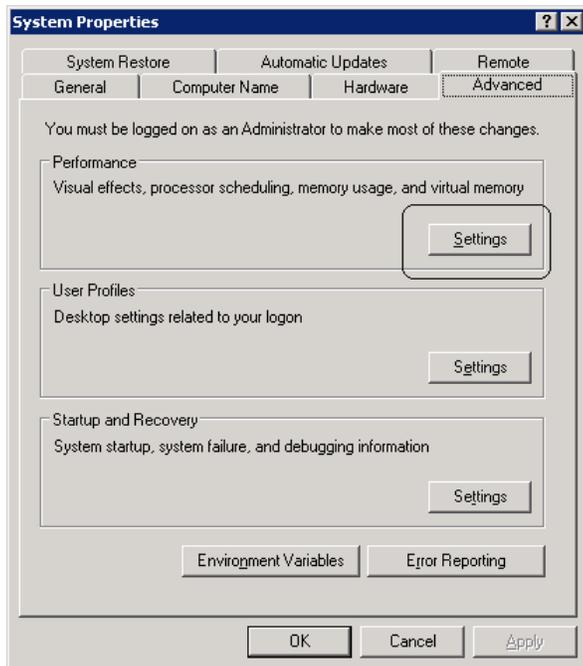
Click on the Settings button in the Performance section.
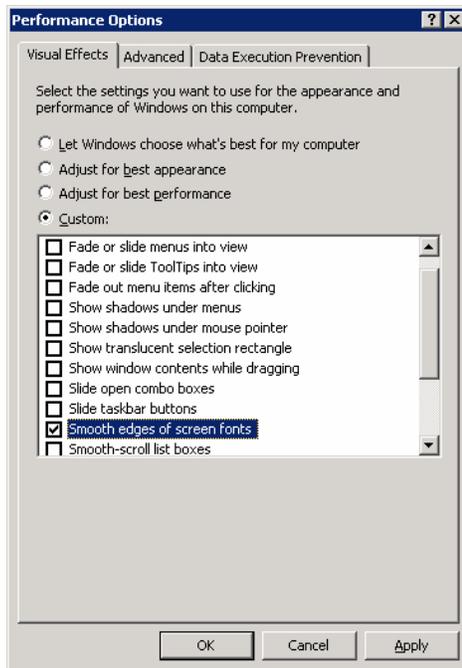
Click on Custom and check the box for Smooth Screen Fonts.

Click OK and OK again. The settings will change and return to the desktop.

5. Windows KB873333

http://www.microsoft.com/downloads/details.aspx?FamilyId=A0E59D77-8AC1-4AC0-9572-A7E1C2E4A66A&displaylang=en

6. Windows KB908531

http://www.microsoft.com/downloads/details.aspx?FamilyId=392C2F1B-AA24-48E5-8D5B-EA56341DB936&displaylang=en

7. Defrag

Click on Start | Accessories | System Tools | Defragmentation |
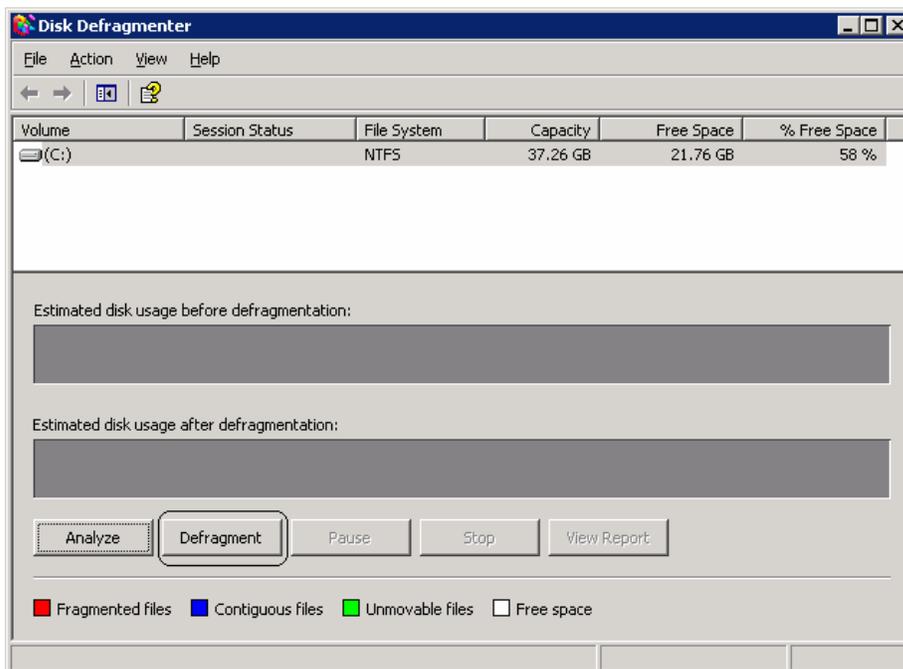
Click on the Defragment button.

8. Google Toolbar

http://toolbar.google.com/T4/index_pack.html

9. Adaware

http://www.download.com/Ad-Aware-2007-Free/3000-8022_4-10045910.html?part=dl-ad-aware&subj=dl&tag=top5

click on the Download Now button

10. Spybot

http://www.safer-networking.org/en/mirrors/index.html