PCDOCTORS4U2.COM SUGGESTED MAINTAINENCE

As you know, to keep your computer running fast and smooth it is vitally important to update and run your scans and data programs regularly. PCDoctors4u2 recommends you do the following regimen on a weekly basis at minimum to keep up with the ever expanding libraries of adversarial software being unleashed. Remember that more protection is not better protection. More than one of each of these varieties of programs only confuses your machine and creates a lag time on most applications.

In this order: Internet speed test http://speedtest.nethere.net

1. **Install Tune Up Utilities run optimizer. Putting The One Touch Maintenance Icon on the desk top is also a remedy please run first and often. Startup Manager should be reviewed No processes need to start during boot up. Open tune up utilities start page. Click increase performance. Click open start up manager. Disable all programs during startup except, Antivirus programs and wireless connection applications, pay special attention to upgrade searches and messenger services.**

2. **Adware PRO as a Deterrent Recommended by PCDoctors4u2 Because**
of the ability to run in Safe Mode, it's Update and Immunization capabilities and "fixit now"
Click on the Icon on your desktop or on your program line up Click, Search for updates in tool bar, check boxes in middle area, click download updates run the Scan, This scan will take as   much as thirty minutes. When your scan recognizes a risk   it will be listed in the main body. Make sure it is checked by clicking on it. Click fix problems in the lower tool bar. Your Computer may have to reboot if it detects a file in use. Click okay and reboot.

(The preliminary boot into "Safe Mode" can be achieved by turning off the power on the tower switch, waiting 10 seconds, turning power back on to the tower, tapping the F8 key continuously during the boot up and arrowing up to the Safe mode prompt) Windows Defender is also a remedy, please run as well

3. **AVG Anti Virus : All anti virus protection must be updated weekly and scans run often Regardless of computer functionality because modern Trojan and Downloader variety viruses can hide in your Temp files or Zip files waiting for the right opportunity to do your computer damage. Right click on the Multicolored icon on your bottom right tray, ensure auto protect is checked, left click on open, Click Live update, Click Next, Click Finish, wait for Download to install, run Quarantine program if prompted to do so, Click scan computer in left tool column, check My Computer box, Click scan in bottom right hand corner of program window. This process should take approximately 45 minutes and scan nearly 270,000 files that exist on your computer, when finished, this computer will display a log file of problems, or not if nothing found, it will also quarantine or fix or delete these problems automatically as it finds.**

4. **Disk Defragmenter or Perfect disk: Start/all programs/accessories/system tools/disk defragmenter Click defragmenter Icon, Click defragmenter button lower middle of program window This program acts like a Librarian and organizes your hard drive applications and space like books categorized and "Indexed" at a library so your machine can find them quicker and your machine will run much faster. This process will take as much as 3 hours to complete depending on the Speed of your CPU and Fragmentation of your Hard Drive. (Just before Bed time)**

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