

Major Computer Slowdown

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<http://www.tech-archive.net/Archive/WinXP/microsoft.public.windowsxp.basics/2004-11/0374.html>

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Date: 11/04/04

Date: Thu, 4 Nov 2004 10:17:31 -0800

This started recently and have not added any new programs or hardware. Have done the following!

1. Have full time anti-virus and ran a deep check.
2. Ran WindowWasher, cleans all IE6 temp and history files.
3. Ran, Spybot SearchandDestroy, Spywareblaster, CWShreeder and AdAware SE.
4. Used WinTask Pro to see if a new start up program has been added.

Nothing has shown to be a problem. My computer has gone from a 30 sec restart to a 2 min restart and then once loaded everything runs slow.

Any suggestions or help is appreciated.