

## Please please help me

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**From:** Tom (*anonymous\_at\_discussions.microsoft.com*)

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i'm having big trouble with windows at the moment, might be a virus, i have no idea. i'll describe the symptoms and hope someone can help;  
system runs really slowly performing any operation, opening program etc, if i try and do too much it freezes completely.  
internet appears to connect but will not allow me to access any web sites.  
system restore won't let me go back to the previous month.  
i think the problem first began when i was using realoneplayer, cant be sure but i think so.

appreciating any help. thanks