

Re: computer lags at start up

Source:

<http://www.tech-archive.net/Archive/WinXP/microsoft.public.windowsxp.hardware/2006-01/msg01335.html>

- *From:* Robert Bollinger <robert@xxxxxxxxxxxxxxxxxxxx>
 - *Date:* Thu, 26 Jan 2006 10:29:28 -0800
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Well assuming that you have a decent amount of RAM and decent CPU speed...

1. Check for viruses using housecall.trendmicro.com eventhough you have an AV program that doesn't mean you are protected.
2. If any viruses, Remove them
3. Run Adaware and remove the CRITICAL OBJECTS
4. Run hijack this, and then remove all the BHO's !ONLY! Do not remove all the stuff that hi jack this finds, just the BHO's (those things that attach to your browser).
5. Run msconfig, and remove all the non essential startup processes
6. Run msconfig and remove (uncheck) all the non essential services, make sure that you check the "Hide all Microsoft Services" then un check unneeded services.
7. Purchase NAV (Just NAV, Not The security suite) and then uninstall mcafee (the worst av software ever) and install NAV run all the updates. (When doing this make sure that the Windows F/W is running).
8. Defrag all your HDD's – Ensure this is done successfully may have to run it twice.

Robert Bollinger, MCP.

On 1/26/06 4:00 AM, in article u6dCOAnIGHA.2900@xxxxxxxxxxxxxxxxxxxx, "Christopher S. Coviello" <chriscoviello@xxxxxxxxxxxxxxxxxxxx> wrote:

- > anyone with advice about a computer that is lagging at start up
- > i have a 40 GB HD with only 10GB used on it
- > IBM Think Pad T30 2366
- > i have studio.net, adobe photoshop, acrobat pro, office xp, mcafee firewall
- > and virus scan, and a few others.
- > when i turn on the laptop the harddrive runs and reads for what seems
- > forever
- > then once i have logged in and everything is running then the hard drive
- > stops all the activity and the computer runs fast and normal. i just have
- > to wait about 3 mins to get anyware. any help

Re: computer lags at start up

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> Christopher S. Coviello
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• **References:**

- ◆ **computer lags at start up**
◇ *From:* Christopher S. Coviello

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