

Virtual Memory problem

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I constantly get a message saying that my virtual memory is too low and that windows will reconfigure my paging. My computer continues to run VERY VERY slowly with some applications not responding at all even after the reallocation has been completed. I notice that in the processing running that something called SVCHOST.EXE seems to be very high and listed multiple times. Is this the source of the problem? Is there a way to fix it? I am waiting for Service Pack 2, so I have not yet installed that if the fix is there. Any help appreciated.