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Hardware tests & Problem finding

Internet, wireless & e-mail setup

Spyware and viruses removed

Maintenance & Optimisation

Hard-drive errors fixed

Lost data recovered

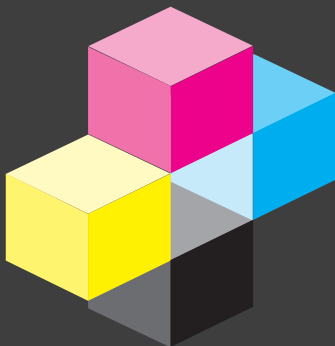
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Spring clean your PC
Part 2-Disk Clean & Defragment



Windows XP, Internet Explorer 7

Click on , Programmes, Accessories, System Tools. See Disc Cleanup & Disk Defragment in the list. First choose Disc Cleanup, OK for Drive C – this can take seconds or up to an hour depending on when it was last run. In the new window select the options, (ie Temporary Files 1270 kb), click in the box, if not already selected. To de-select option click in the box again.

Do not select Office Setup Files.

Tip: Click on the text (ie Temporary Internet Files); look below for information. Finally click OK, Yes. This can again take time. Go back via the same route, select Disc Defragment, Drive C. Defragment.

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