

*Special Report*

# Speed Secrets

Microsoft Doesn't Want You To Know!



Simple Ways to Increase the Performance of your  
Windows XP or Vista PC in 5 Minutes or Less



**CAN \$39.95**  
**USD \$39.95**

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# Windows XP

## ***XP Speed Secret #1: Disable Extra Startup Programs***

There are certain programs that Windows will start every time you boot up your system, and during the startup phase, **they're all competing for a slice of your CPU speed**. Extra or unwanted items in the startup list will definitely increase your startup time, perhaps by several minutes. Some common examples are things related to AOL, RealPlayer, Napster, instant messengers, and video managers.

If you're not sure about an item, no big deal. You can turn it off, restart your PC, and see if everything seems to work. If not, you can always go back and re-enable an item in the Startup list. This tip alone should **speed up your start-up by 250%**. Here are is what you have to do:

1. Go to **Start** button → **Run**
2. Type "**msconfig**", without quotations
3. Hit **enter key** or click the **OK** button
4. A **System Configuration Utility** window will show up
5. Click the **Startup** tab
6. In the Startup tab you will see several boxes and some of them will be selected (checked). **All you have to do is to uncheck extra items that are of no use**. If you run an antivirus program it is not recommended to uncheck it.
7. After making your choices press the **OK** button, you will be prompted to restart computer to apply changes.
8. After restarting your computer a dialogue will be displayed. You can check the option for not showing this dialogue every time your PC reboots.

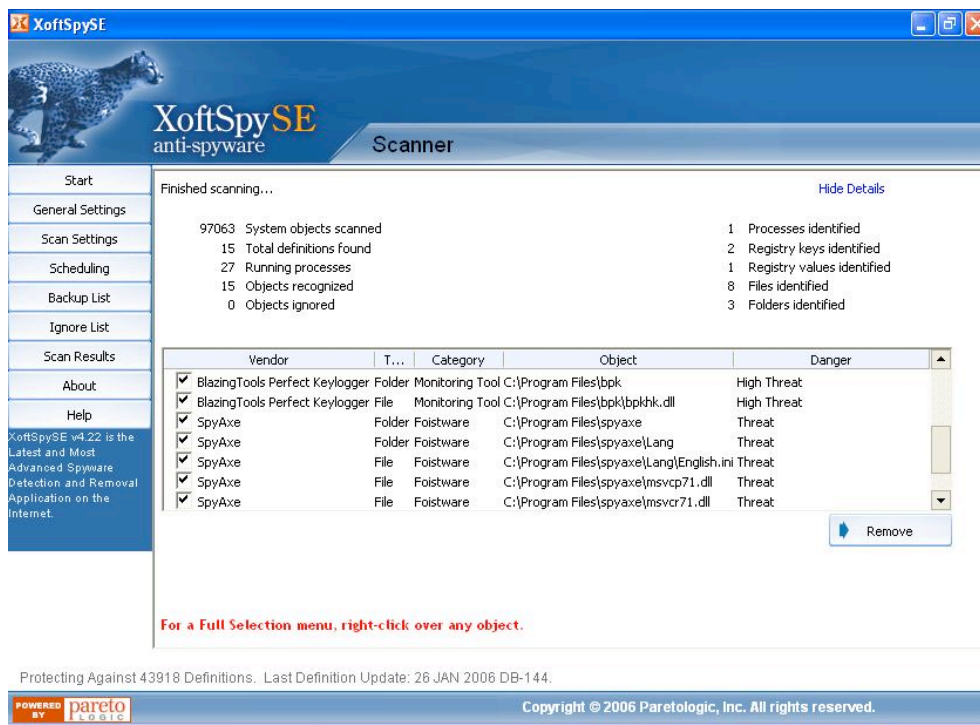


## XP Speed Secret #2: Remove Spyware, Adware, and Malware

Have you [scanned your system](#) for spyware, adware and other unwanted pests? 1 of 6 computers has some sort of Spyware or Malware! They dramatically slow down your computer because they use resources to generate popup ads, send spam, and often interfere with the operation of good programs.

If you haven't scanned recently, we recommend a [free scan](#) from a good anti-spyware program. We prefer to use stand-alone, high quality anti-spyware programs like [XoftSpy Pro](#), which give us the ability to scan and repair these problems in seconds.

**FINAL NOTE:** Recent testing has shown that stand-alone programs do a much **better job** than the "all-in-one" packages (eg. Norton Internet Security) at detecting spyware, adware, and malware.



The screenshot shows the XoftSpySE anti-spyware scanner interface. The window title is "XoftSpySE" and the main header includes the logo and the word "Scanner". A sidebar on the left contains navigation options: Start, General Settings, Scan Settings, Scheduling, Backup List, Ignore List, Scan Results, About, and Help. The main area displays the results of a scan that is "Finished scanning...".

Summary statistics:

- 97063 System objects scanned
- 15 Total definitions found
- 27 Running processes
- 15 Objects recognized
- 0 Objects ignored

Summary of findings:

- 1 Processes identified
- 2 Registry keys identified
- 1 Registry values identified
- 8 Files identified
- 3 Folders identified

A table lists the detected threats:

Vendor	T...	Category	Object	Danger
BlazingTools Perfect Keylogger	Folder	Monitoring Tool	C:\Program Files\bpk	High Threat
BlazingTools Perfect Keylogger	File	Monitoring Tool	C:\Program Files\bpk\bpkchk.dll	High Threat
SpyAxe	Folder	Foistware	C:\Program Files\spyaxe	Threat
SpyAxe	Folder	Foistware	C:\Program Files\spyaxe\Lang	Threat
SpyAxe	File	Foistware	C:\Program Files\spyaxe\Lang\English.ini	Threat
SpyAxe	File	Foistware	C:\Program Files\spyaxe\msvcp71.dll	Threat
SpyAxe	File	Foistware	C:\Program Files\spyaxe\msvcr71.dll	Threat

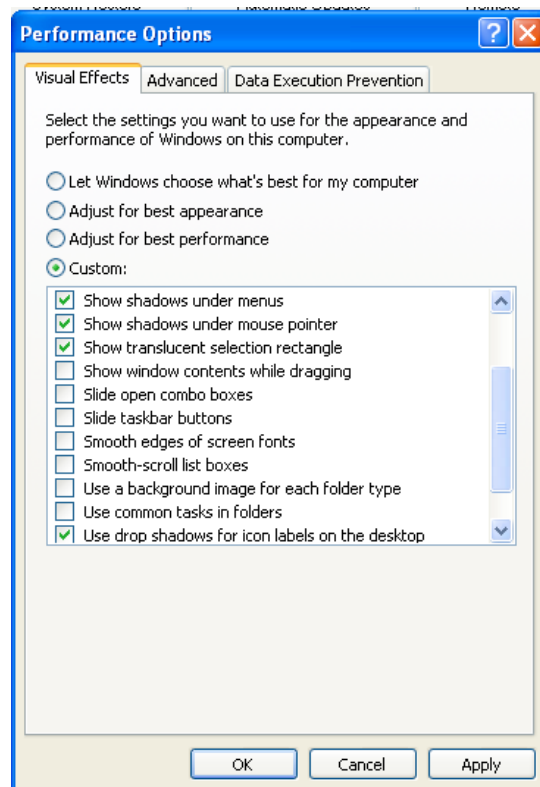
A "Remove" button is located at the bottom right of the table. Below the table, a red text instruction reads: "For a Full Selection menu, right-click over any object."

At the bottom of the window, it states: "Protecting Against 43918 Definitions. Last Definition Update: 26 JAN 2006 DB-144." The footer includes the "powered by pareto logic" logo and the copyright notice: "Copyright © 2006 Paretologic, Inc. All rights reserved."

## ***XP Speed Secret #3: Optimize Display Settings***

Windows XP can look sexy but displaying all the visual items can waste system resources. To optimize:

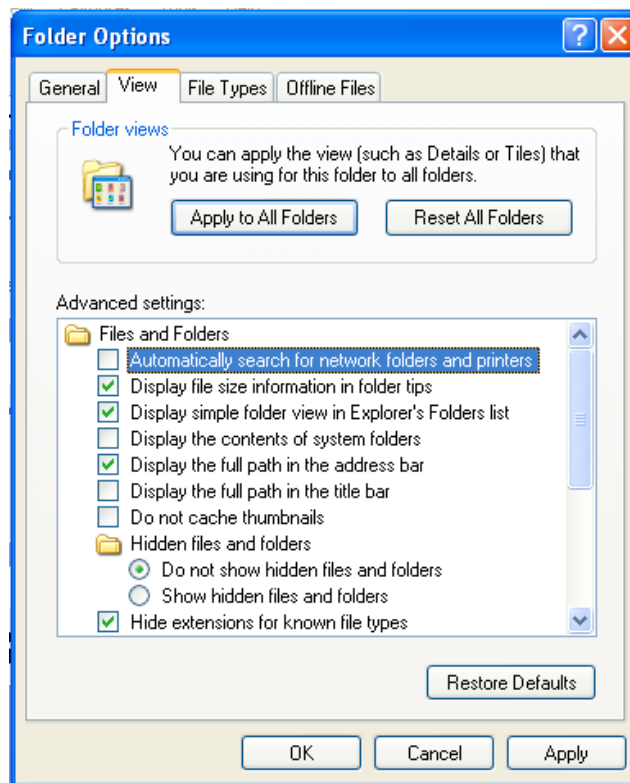
1. Click the **Start** button
2. Select **Control Panel**
3. Double-click the **System** icon
4. Click the **Advanced** tab
5. In the **Performance** box click **Settings**
6. Leave **only** the following **ticked**:
  - a. Show shadows under menus
  - b. Show shadows under mouse pointer
  - c. Show translucent selection rectangle
  - d. Use drop shadows for icons labels on the desktop
  - e. Use visual styles on windows and buttons
7. Finally, click **Apply** and **OK**



## ***XP Speed Secret #4: Speed-Up File Browsing***

You may have noticed that every time you open “My Computer” to browse folders that there is a slight delay. This is because Windows XP automatically searches for network files and printers **every time** you open Windows Explorer. To fix this and to **increase browsing speed significantly**:

1. Double-click on **My Computer**
2. Click the **Tools** menu
3. Select **Folder Options**
4. Click on the **View** tab.
5. **Uncheck** the **Automatically search for network folders and printers** check box
6. Click **Apply**
7. Click **OK**
8. **Reboot** your computer

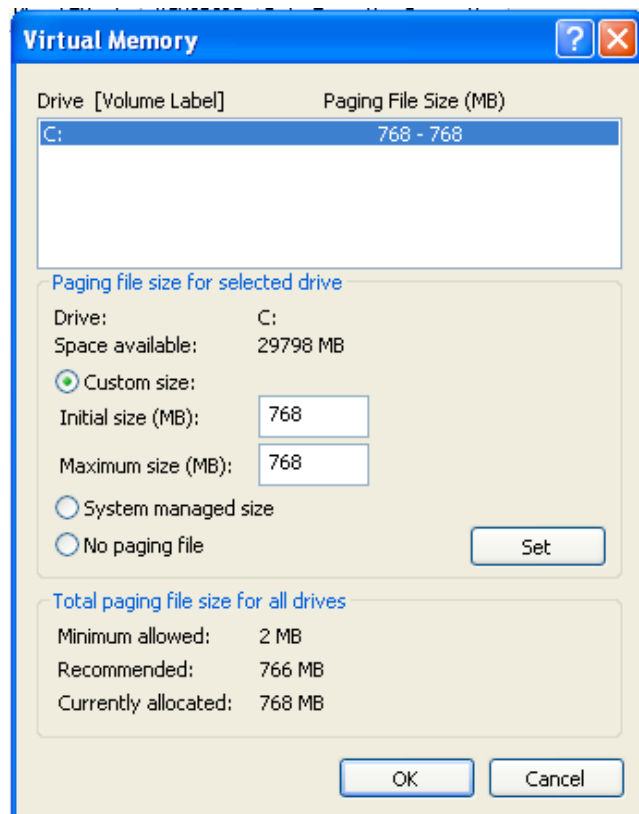


## XP Speed Secret #5: Reduce Page File Size

Page file size is not constant by default. Due to this, the operating system has to resize the file each time more space is required. This is a performance overhead. All you have to do is to set the file size to a reasonable limit.

Follow the steps:

1. Right-click **My Computer**, Select **Properties**
2. Click the **Advanced** tab
3. Click the **Settings** button under the **Performance** section
4. Click the **Advanced** tab
5. Under the **Virtual Memory** section click the **Change** button
6. "Virtual Memory" dialogue box will appear (also shown in the figure below)
7. **Highlight the C: drive** containing page file
8. Select the **Custom Size** radio button and give **same values** in **Initial size** and **Maximum size** fields:



If you have **less than 512MB of memory**, leave the page file at its default size. If you have **512MB or more**, change the ratio to **1:1** page file size to physical memory size.

9. Click **Set**, then **OK** buttons to apply the changes

## XP Speed Secret #6: Clean Your System Registry

Of course, the fastest and easiest way to speed-up your computer is to allow a software program to do it for you! Although you will find that all of the adjustments in this book will speed up your system, the **most effective and easiest way** to give your computer blazing speed is to [clean up your system's Registry](#).

Your computer is like your car: it needs **periodic maintenance** to keep it running at optimum performance. Installing and un-installing programs, surfing the Internet, emailing, and other everyday activities create a sort of “**sludge**” that **builds up in your computer** over time, **much like an automobile engine**. After a while, it doesn't startup like when it was new, it stalls unexpectedly, and performance is sluggish on the (information) highway.



The screenshot shows the RegCure software interface. The title bar reads "RegCure" and "Scan, Repair and Optimize your PC!". Below the title bar, there are buttons for "Scan", "Settings", "Backup", "Manage Startup", and "Results". The "Results" panel is active, displaying a table of registry items and their status. The table has columns for "Registry Item", "Errors", "Cleaned", and "Ignored". The results show 332 errors found and 332 errors cleaned. The last registry scan was performed on 2008-01-23 at 18:57:55.

Registry Item	Errors	Cleaned	Ignored
COM/Active X :	4	4	0
Uninstall :	0	0	0
Font Entry :	0	0	0
Shared DLL Entry :	1	1	0
Application Path Entry :	1	1	0
Help File Information :	0	0	0
Windows Startup Items :	0	0	0
Path File Reference :	123	123	0
Empty Registry Item :	202	202	0
Program Shortcut :	1	1	0
File Associations :	0	0	0

Errors found: 332      Errors Cleaned: 332

We strongly recommend running a [free Registry scan](#) to find out how many errors your computer is hiding from you. Your computer will likely have hundreds of Registry errors that are dramatically slowing down the potential speed and performance.

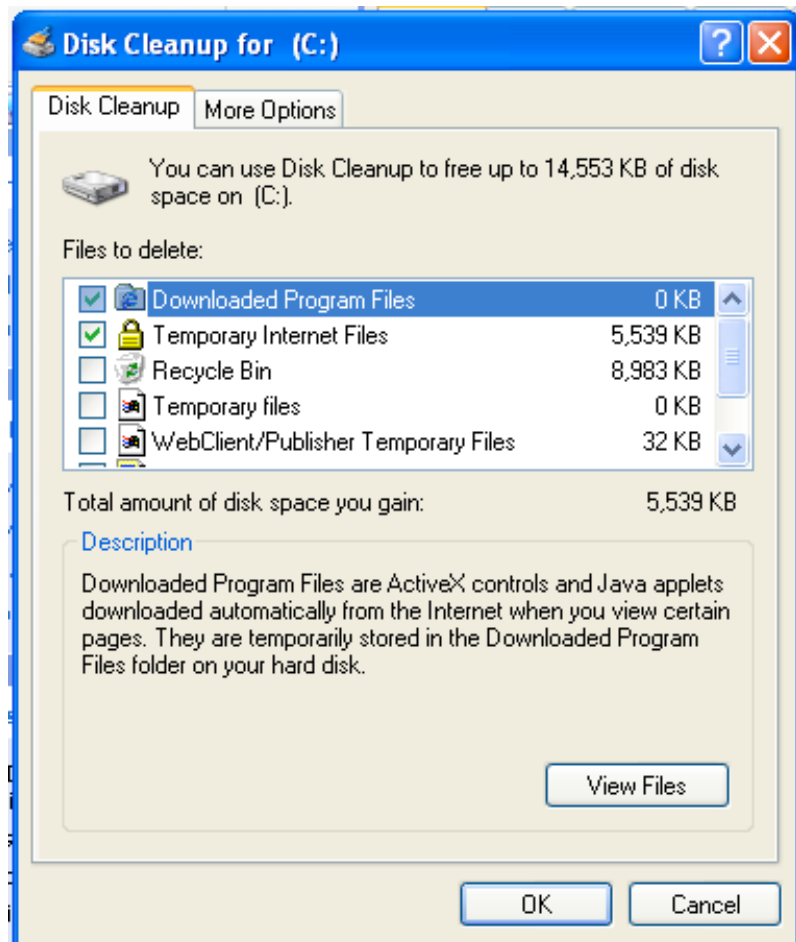


## ***XP Speed Secret #7: Run Disk Clean-Up***

Both Windows and application programs tend to leave temporary files lying around on your hard drive, taking up space. A hard drive that is close to being “full” **can cause Windows to slow down** or interfere with efficient disk access and virtual memory operations.

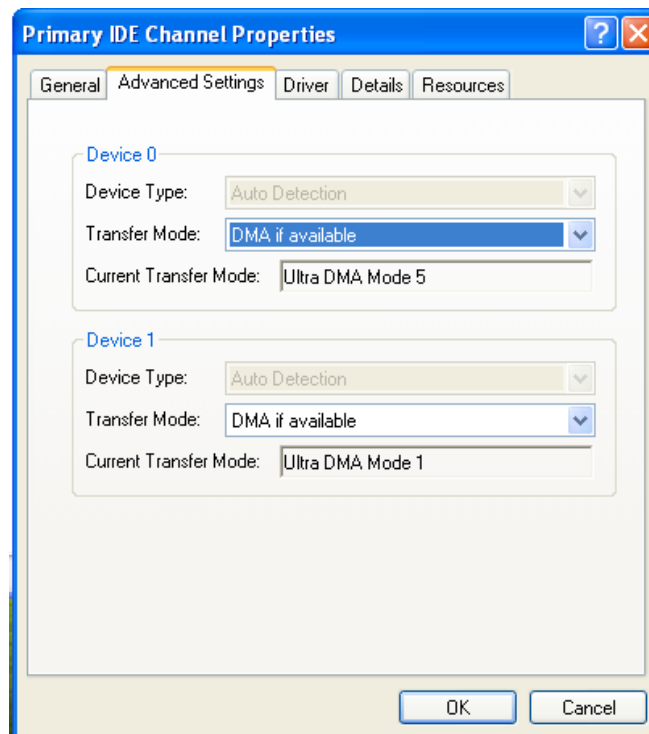
**If you surf the web a lot**, your temporary internet files folder can become quite large, causing Internet Explorer to slow down or malfunction. Cleaning up unneeded files, scanning for disk errors and defragmenting the hard drive can help to restore some zip to your system. **Try to run once a month for peak performance.**

1. Double-click the **My Computer** icon.
2. Right-click on the **C: drive**
3. Select **Properties**
4. Click the **Disk Cleanup** button (to the bottom-right of the Capacity pie graph)
5. Select / check **Temporary Internet Files** and **Recycle Bin**
6. Click **OK**



## ***XP Speed Secret #8: Enable Direct Memory Access (DMA)***

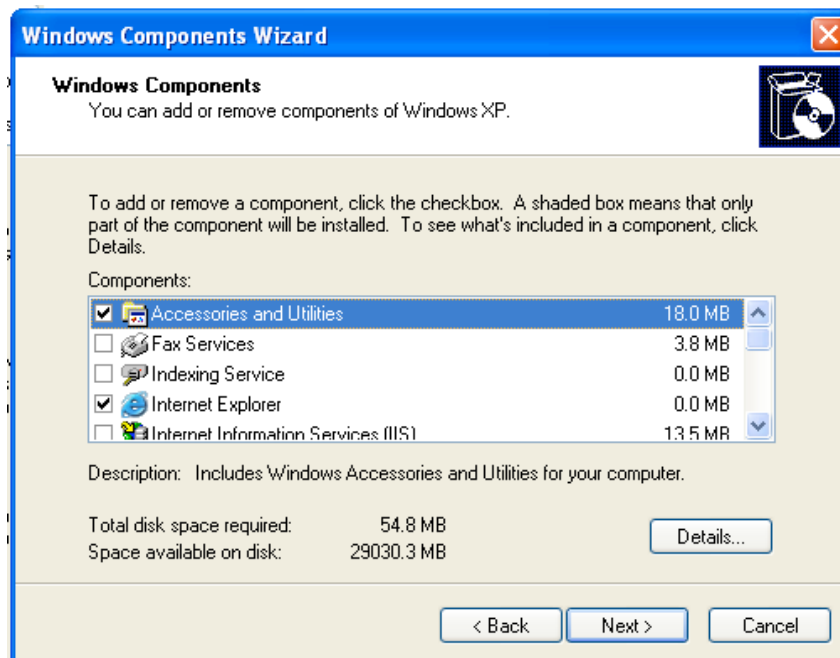
1. Right-click on **My Computer**, select **Properties**
2. Select the **Hardware** tab
3. Click the **Device Manager** button
4. Double-click **IDE/ATAPI controllers**
5. Double-click on the **Primary IDE Channel**
6. Click on the **Advanced Settings** tab (as shown in figure) The tab may or may not be available for each option. It is only available in Primary and Secondary Channels.
7. Set the **Transfer Mode** to "**DMA if Available**" both for **Device 1 and 0**
8. Click **OK**
9. Perform the same operation for other items in the list, if applicable.



## XP Speed Secret #9: Disable File Indexing

Indexing Services is a small little program that **uses large amounts of memory** and can often make a computer endlessly **loud and noisy**. This system process indexes and updates lists of all the files that are on your computer. It does this so that when you do a search for something on your computer, it will search faster by scanning the index lists. If you don't search your computer often, this system service is completely unnecessary. To disable do the following:

1. Click **Start** button
2. Select the **Control Panel**
3. Double-click **Add/Remove Programs**
4. Click the **Add/Remove Window Components** icon on the left side of the window
5. This may take a few seconds to load. Be patient.
6. Look for the “**Indexing Services**” component in the list
7. **Uncheck** the **Indexing Services**
8. Click **Next**
9. Click **Finish**

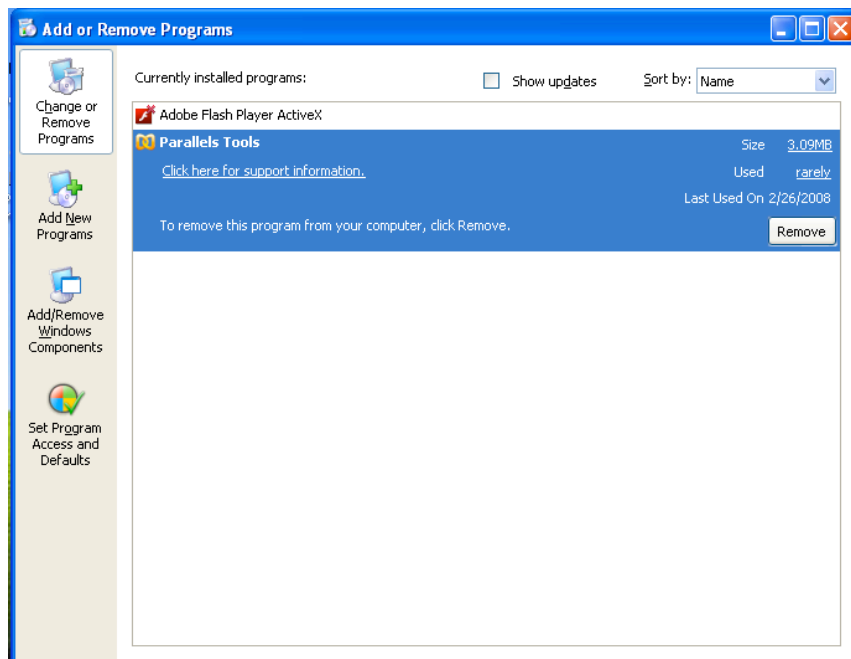


## ***XP Speed Secret #10: Remove Un-Used Programs & Files***

You may have a bunch of software packages on your hard drive that are **no longer needed**, or they were gratuitously installed when you downloaded some other package. **Toolbars, file-sharing programs, free email enhancers, online shopping "companions" and download managers** are notorious for this practice. These uninvited guests can put a big drag on your startup time, cause web pages to load slowly, and generally **bog down your computer**.

1. Click **Start** button
2. Select **Control Panel**
3. Double-click **Add/Remove Programs** icon
4. See what programs are installed that **you don't typically use**
5. Select the **Remove** button for the ones you know you don't need

If you're unsure about some programs, do a web search to learn about the ones that you need to keep.



## Windows Vista

Windows Vista is a rather heavy operating system with many neat features, but unfortunately they all come at a price. As a brand new operating system, **it requires a pretty fast system to run well**, if not optimized.

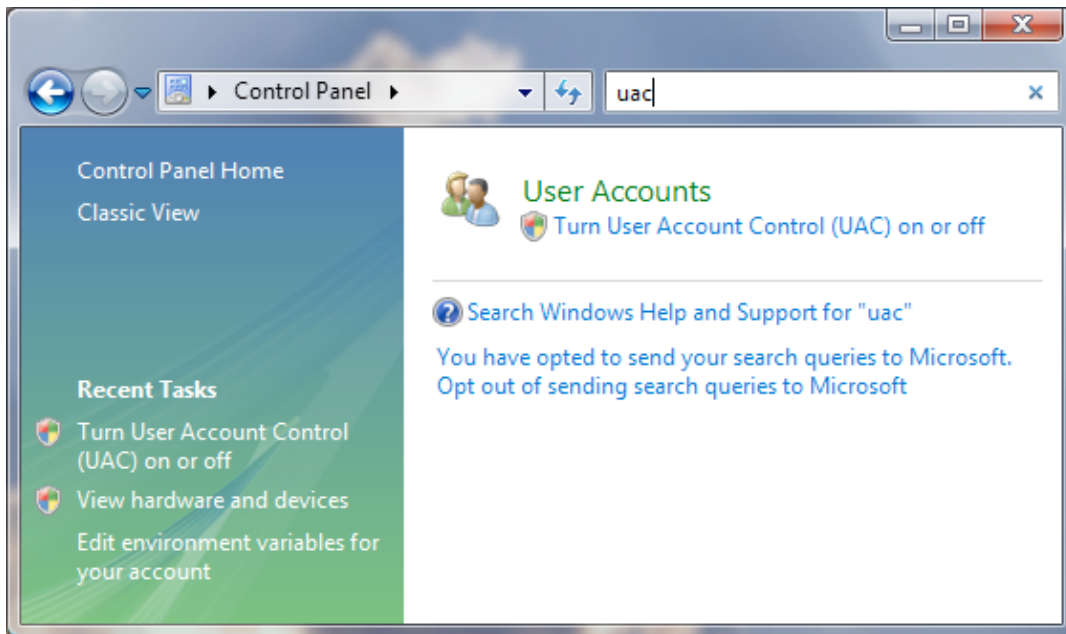
Before you run out and buy a new computer just so you can run your base operating system, check out these these simple ways to speed-up Windows Vista and lighten the load.



## ***Vista Speed Secret #1: Turn-Off User Account Control (UAC)***

Now, there's a lot of talk about the new **User Account Control** policy in Vista, and all I can say is that it annoys the heck out of 99% of users and **slows down normal computer usage**. To turn it off, the easiest way is to:

1. Click the **Start** (Windows) button
2. Select the **Control Panel**
3. Type in '**UAC**' into the search bar
4. It'll bring up a search result of '**Turn User Account Control (UAC) on or off**'
5. Just follow the prompts from there



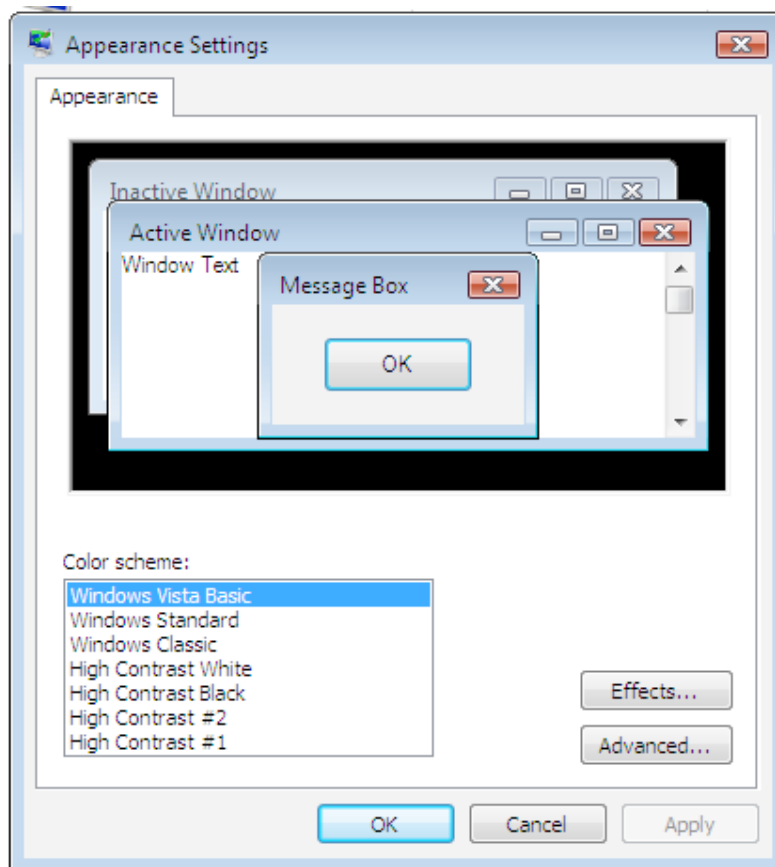
Much better, eh? You might say 'but what's that got to do with speed?' It prompts you **at least** a couple times an hour and then takes several seconds to figure itself out. **Without these annoying prompts**, your productivity goes up, so therefore it's a speed enhancer.

## ***Vista Speed Secret #2: Disable Unnecessary Graphical Effects***

Vista is “sexy” because of its new aero glass transparency effects. Here is how to enable and disable this new eye candy.

1. Click **Start (Windows)** button
2. Select the **Control Panel**
3. Double-click Click Appearance and Personalization
4. Under **Personalization**, click **Change the color scheme**
5. In the **Appearance Settings** dialog box, click **Windows Vista Basic**, and then click **OK**.

Or, if you prefer a **Windows 2000-style interface**, click **Windows Standard**, and then click **OK**.

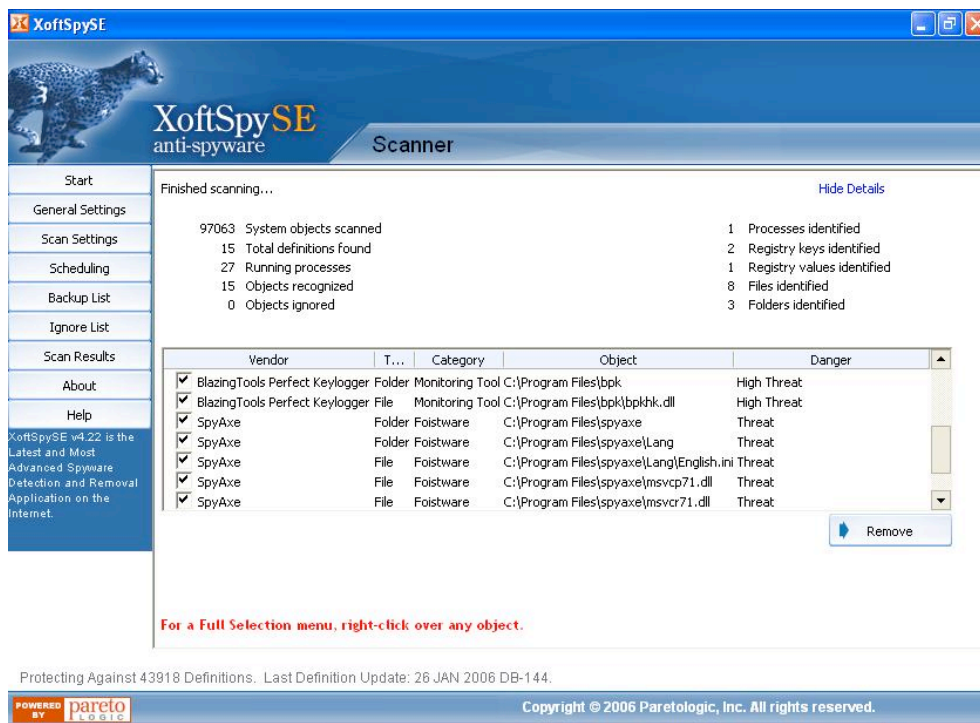


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The screenshot shows the XoftSpySE anti-spyware scanner interface. The window title is "XoftSpySE" and the main header is "XoftSpySE anti-spyware Scanner". The interface is divided into a left sidebar with navigation options (Start, General Settings, Scan Settings, Scheduling, Backup List, Ignore List, Scan Results, About, Help) and a main content area. The main content area shows the results of a scan, including a summary of scanned objects and a list of identified threats.

Finished scanning... [Hide Details](#)

97063 System objects scanned  
15 Total definitions found  
27 Running processes  
15 Objects recognized  
0 Objects ignored

1 Processes identified  
2 Registry keys identified  
1 Registry values identified  
8 Files identified  
3 Folders identified

Vendor	T...	Category	Object	Danger
<input checked="" type="checkbox"/>	BlazingTools Perfect Keylogger	Folder Monitoring Tool	C:\Program Files\bpk	High Threat
<input checked="" type="checkbox"/>	BlazingTools Perfect Keylogger	File Monitoring Tool	C:\Program Files\bpk\bpkchk.dll	High Threat
<input checked="" type="checkbox"/>	SpyAxe	Folder Foistware	C:\Program Files\spyaxe	Threat
<input checked="" type="checkbox"/>	SpyAxe	Folder Foistware	C:\Program Files\spyaxe\Lang	Threat
<input checked="" type="checkbox"/>	SpyAxe	File Foistware	C:\Program Files\spyaxe\Lang\English.ini	Threat
<input checked="" type="checkbox"/>	SpyAxe	File Foistware	C:\Program Files\spyaxe\msvc71.dll	Threat
<input checked="" type="checkbox"/>	SpyAxe	File Foistware	C:\Program Files\spyaxe\msvc71.dll	Threat

[Remove](#)

For a Full Selection menu, right-click over any object.

Protecting Against 43918 Definitions. Last Definition Update: 26 JAN 2006 DB-144.

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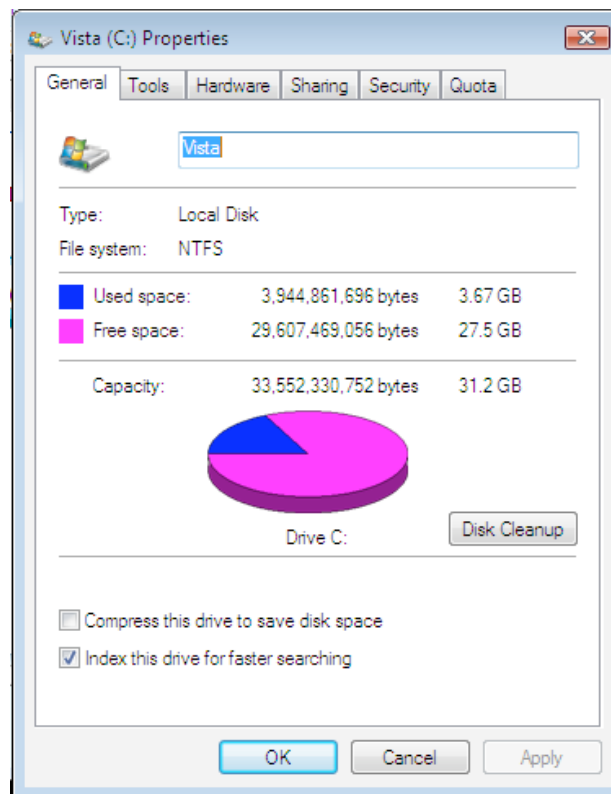


## Vista Speed Secret #4: Shutdown Search Indexing

Windows Vista Search Indexing is constantly checking the files on your system to make their information available for quick searching. This is helpful, but can **severely slow system performance** as the average user doesn't use the search function frequently.

To shut down constant indexing:

1. Click the **Start** button
2. Select **Computer**
3. Right-click on the **C: Drive** icon
4. Select **Properties**
5. Select the **General** Tab
6. **Uncheck** Index this drive for faster searching
7. On the next dialog box, select **Apply Changes to Drive C:, subfolders and files**
8. Click **OK**

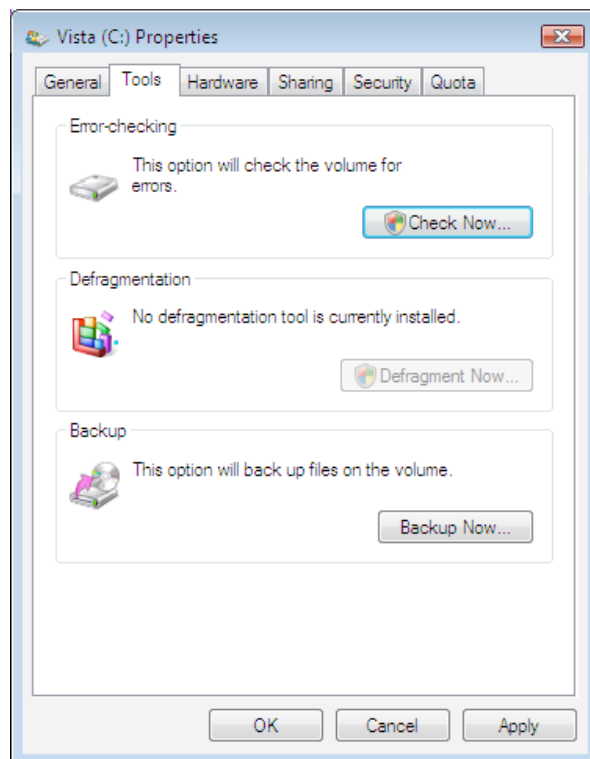


## ***Vista Speed Secret #5: Disable Automatic Disk Defragment***

Windows Vista uses an ***always-on*** defragment set up that isn't that necessary and will **cause your system to slow down**. Remember to run a defragment manually once a month.

To shut down this feature:

1. Click the **Start** button
2. Select **Computer**
3. Right-click on **C: Drive** icon
4. Select **Properties**
5. Click the **Tools** tab
6. **Uncheck** **Run on a schedule**
7. Click **OK**



## XP Speed Secret #6: Clean Your System Registry

Of course, the fastest and easiest way to speed-up your computer is to allow a software program to do it for you! Although you will find that all of the adjustments in this book will speed up your system, the **most effective and easiest way** to give your computer blazing speed is to [clean up your system's Registry](#).

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Uninstall :	0	0	0
Font Entry :	0	0	0
Shared DLL Entry :	1	1	0
Application Path Entry :	1	1	0
Help File Information :	0	0	0
Windows Startup Items :	0	0	0
Path File Reference :	123	123	0
Empty Registry Item :	202	202	0
Program Shortcut :	1	1	0
File Associations :	0	0	0

We strongly recommend running a [free Registry scan](#) to find out how many errors your computer is hiding from you. Your computer will likely have hundreds of Registry errors that are dramatically slowing down the potential speed and performance.



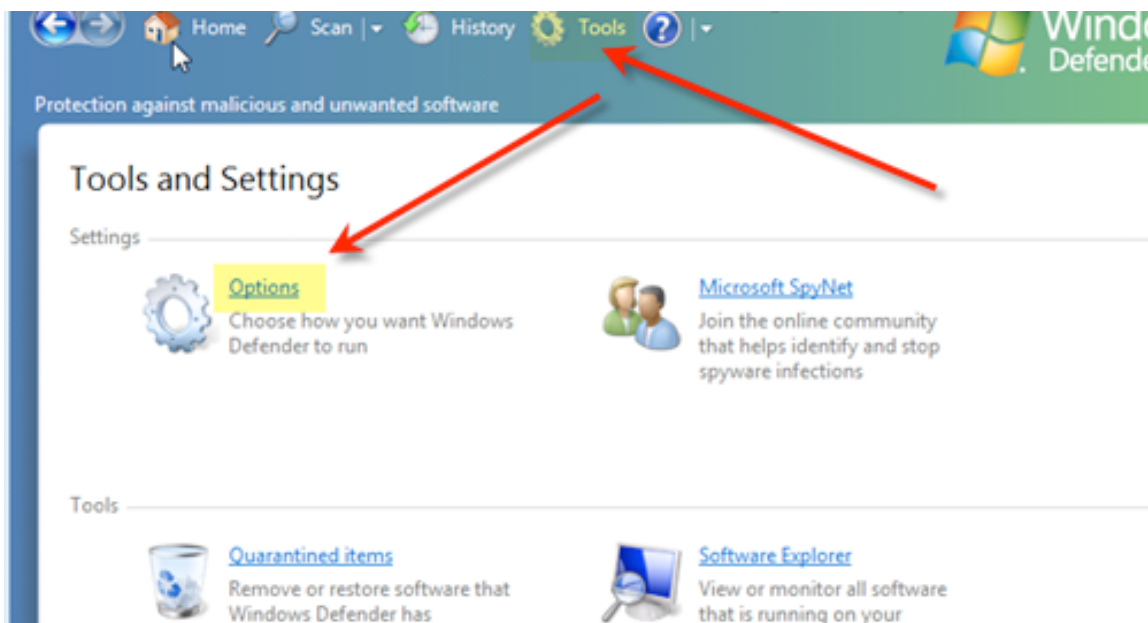
## ***Vista Speed Secret #7: Disable Automatic Windows Defender Operation***

Windows Defender real-time protection against malware **continues to run** *despite* having Automatic operation disabled.

In actuality, this built-in malware protector from Microsoft is **very poor at protecting your computer from external threats**. You are much better off using a **3<sup>rd</sup>-party software program** like **XoftSpy** for total protection (see Vista Speed Secret #9 for more information).

To disable:

1. Click the **Start** button
2. Type “**services**” into the **Start Search box**
3. Find **Windows Defender** in the list of programs
4. Double-click on **Windows Defender**
5. Choose **Tools** from the top menu
6. Select **Options**
7. **Uncheck** **Auto Start** at the bottom of the window

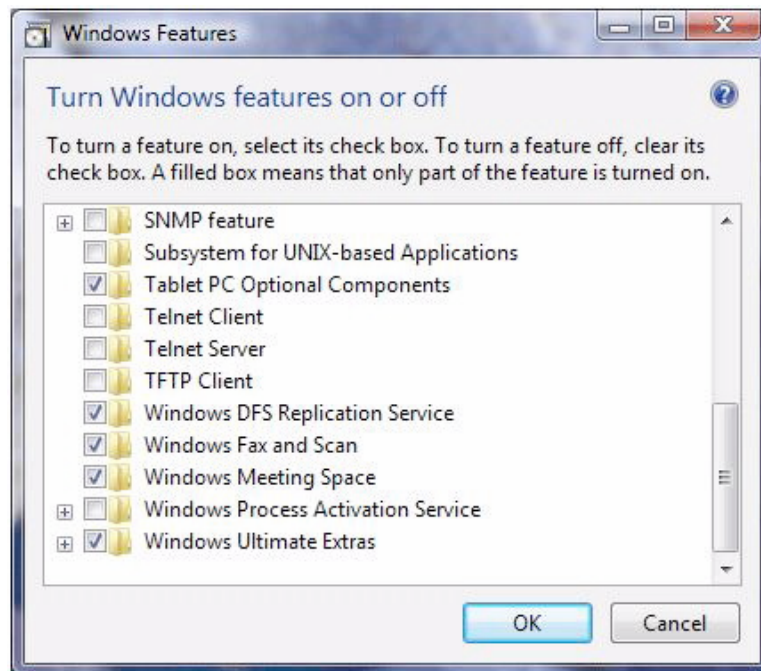


## ***Vista Speed Secret #8: Turn-Off Un-Needed Features***

There are many new features in Windows Vista that are installed by default that you may not need. These extra and un-needed features **can slow down your computer and take up more storage space**. Windows Features can be un-installed using the Windows Features utility. Follow these steps to uninstall applications such as the Windows Fax and Scan and many more.

To Turn-Off Some Un-Needed Features:

1. Click on the **Start Button**
2. Select **Control Panel**
3. Under **Programs** click **Uninstall a program**
4. On the left side menu, click on **Turn Windows features on or off**
5. Scroll through the list as shown below and **uncheck** from any **feature you do not want installed**.
6. Click **OK** when you are finished making your changes. The features will now be uninstalled.



## ***Vista Speed Secret #9: Disable Unused Services***

Services are **background processes** which keep running waiting for a response, so **if you don't use the application it still runs and slows PC speed**. The average user doesn't need many running.

1. Click the Start button
2. Type **msconfig** in the **Start Search** box, hit enter
3. Click the **Services** tab
4. **Uncheck** the unneeded startup items (examples below)

**Desktop Window Manager Session Manager** - Provides Desktop Window Manager startup and maintenance services. **Uncheck to disable.**

**Diagnostic Policy Service** - Enables problem detection, troubleshooting and resolution for Windows components. **Uncheck to disable.**

**Diagnostic Service Host** - Same as above

**Diagnostic System Host** - Same as above

**Offline Files** - The Offline Files service performs maintenance activities on the Offline Files cache. **Uncheck to disable.**

**Terminal Services** - Allows users to connect interactively to a remote computer. Remote Desktop and Terminal Server depend on this service. If you don't use either of these, then you can disable the service. **Uncheck to disable.**

**Windows Error Reporting Service** - Allows errors to be reported when programs stop working or responding and allows existing solutions to be delivered. **Uncheck to disable.**

*After you are finished, click **Apply** then click **OK** to save changes.*

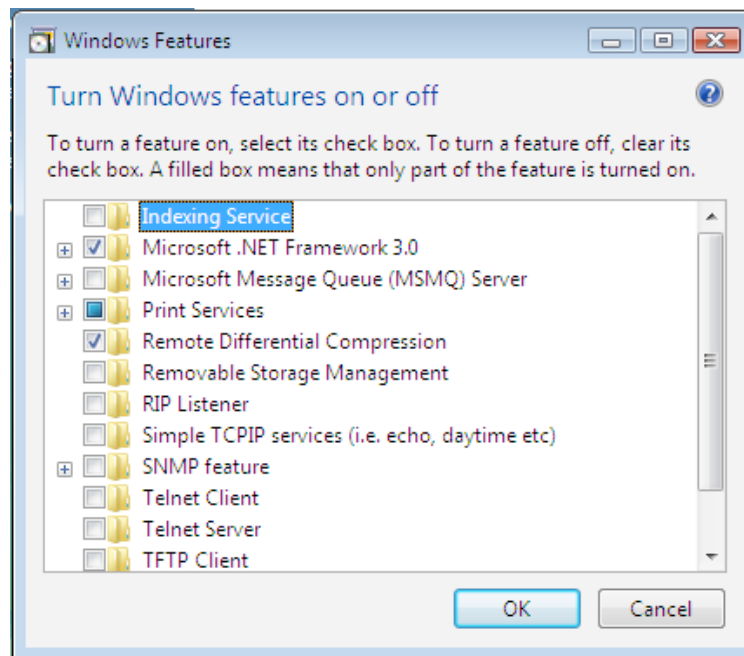


## ***Vista Speed Secret #10: Shutdown Remote Differential Compression***

**Remote Differential Compression** checks the changes of your files over a network to move them with as little bandwidth as possible instead of transferring an entire file that has previously been moved. Obviously, the average home PC user has NO need for this service. With it constantly checking for file changes, this service will greatly slow system performance.

To shut down this service:

1. Click the **Start** button
2. Select **Control Panel**
3. Click **Classic View** on the left side of the window
4. Double-click on **Programs and Features**
5. Click **Turn Windows Features On And Off** on the left side of the window
6. **Uncheck Remote Differential Compression**
7. Click **OK**

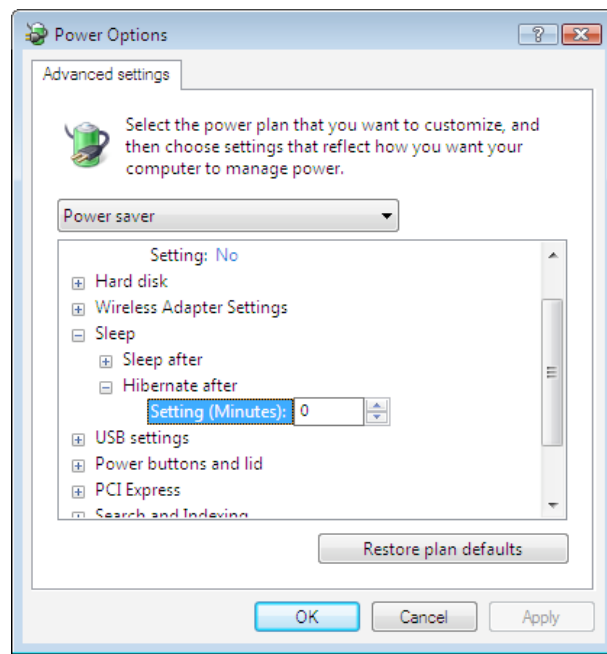


## ***Vista Speed Secret #11: Shut-Off Windows Hibernation***

Windows hibernation background services use a **very large amount of system resources**. If you are like most people you don't use the Hibernate feature very much so you may want to disable it **to give Vista a performance boost**.

To shut down Hibernation:

1. Click the **Start** button
2. Select **Control Panel**
3. Click the **Classic View** on the left hand side
4. Double-click on **Power Options**
5. Select **Change Plan Settings**
6. Choose **Change Advanced Power Settings**
7. Click the **Sleep** "plus" icon
8. Click the **Hibernate After** "plus" icon
9. Adjust your selector down to **zero minutes**
10. Click **Apply**
11. Click **OK**





## Disclaimer

The Windows speed tips presented in this document are provided as a courtesy to others. Products mentioned are within the scope of a user's need, in our opinion, and may not be appropriate for you for your home or commercial use.

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