



You may wish to back up your computer first if you are attempting this cleanup for the first time.

How do I get rid of these parasites? Well, when I start your computer I check out how bad things are by using the start/run/"msconfig" and hop over to the startup tab. Now, you really need to know what you're looking at on this list because if you uncheck the wrong ones, programs may not work. Unchecking unnecessary programs will speed up your computer as well. A couple sites that sometimes help me are <http://www.windowsstartup.com/wso/search.php> and <http://www.sysinfo.org/startuplist.php>

After you uncheck everything that you don't think you need, restart your computer. Now if you unchecked something you needed you can go back and put the checkmark back in and restart. Sometimes these programs also appear on the start/all programs/startup folder and when you uncheck them they go to a folder called disabled programs. Delete these if you are sure you do not need them anymore.

Next step is to uninstall any spyware programs by going to the control panel in the add/remove programs. Be careful you don't uninstall your computer drivers. If you don't know what something is? A lot of times a quick search on the internet will give you a good idea as to what the program is for. Some common parasites can be found on a list at <http://allentech.net/parasite/list.phtml> but I do not feel it is complete. The ones I see the most are: Bargain Buddy, Comet Cursor, Common Name Toolbar, Gator, Hotbar, IEAccess, ILookup, Internet Optimizer, Internet Washer, IPInsight, MySearch, nCase, Network Essentials, NewDotNet, SaveNow, SpyBlast, TVMedia, webHancer, WinTools, XDialer, Xupiter, 180 Search, Other Search Bars and Ad Software.

Clear your internet cache by clicking on tools/internet options and delete files and cookies. There are some temp folders on the hard drive you may or may not want to search out and clean up. I also sometimes cleanup the startup items from the registry but don't advise you to do this if this is your first attempt. Download [Adaware by Lavasoft](#) and update that before restarting the computer. Now run Adaware and watch the parasites add up! When Adaware is done look at the list and if you forgot to uninstall a program from the add/remove programs list, I would cancel and go back a step and do properly uninstall that program. If Adaware just deletes, it has a chance of messing up internet explorer if that program is embedded in it. And even if you are careful, you may still mess up internet explorer taking it out. Not all parasites are nicely removed. Then reformat may be in necessary to have a properly working computer.

Now that you have your computer free of popups! (If it isn't then go into the adaware options and step up what it scans all the way.) And remember some sites have popups no matter what you do. Download the [google toolbar](#) and enjoy their search feature as well without installing more spyware. Of course the easiest way to not have popups is to not click on any and don't download music....and the music downloading may not work when you are done...but your computer works better.

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