

Real Fast PC



Real Fast PC – Win 7

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Please note that Real Fast PC is not connected in any way with Microsoft/Windows, Windows 7/ Mozilla / Google. This is a personal project and aims to help PC users with speeding up and securing their own PC.

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Real Fast PC – Win 7 / Intro – How To Run a Fast Windows Computer



*Keep Your Windows Computer Running in Tip-Top Condition
by David and Eddie O'Toole*

*AIMED AT EVERYDAY USERS WITH SLOW/SLUGGISH COMPUTERS WHO WANT TO
IMPROVE P.C. PERFORMANCE AND SECURITY.*

Computer Speed and Security

Note: The following info is demonstrated on a Windows 7 driven computer, but these software solutions work on any Windows based PC running Windows XP on, Vista / 7/8 etc.

Keep your computer running in top condition. Keep it running fast. Keep it protected. You can do this with a combination of programs that once setup, can then be run whenever you want. Most programs listed here are free to use with the possibility of upgrading if you feel that's necessary or if you would like to avail of extra options offered.

In most cases you can just use the free programs provided. These alone will make a huge difference to the running of your computer whatever version of Windows you are running. There are some programs that will claim to do all of these fixes but its better to use individual programs that are dedicated to the particular job needed. A search for the ultimate all-in-one program is in progress.

Keep an eye out for an email update from realfastpc regarding this.

Create A Restore Point

It is strongly recommended to make a Restore Point for your computer system BEFORE you run any type of these programs (or indeed any new program install). A 'Restore Point' will let you bring your PC to an earlier setup point that you have made. Its a 'safety device' that 'Rolls Back' your computer to a previous time. You can create a Restore Point in any version of Windows.

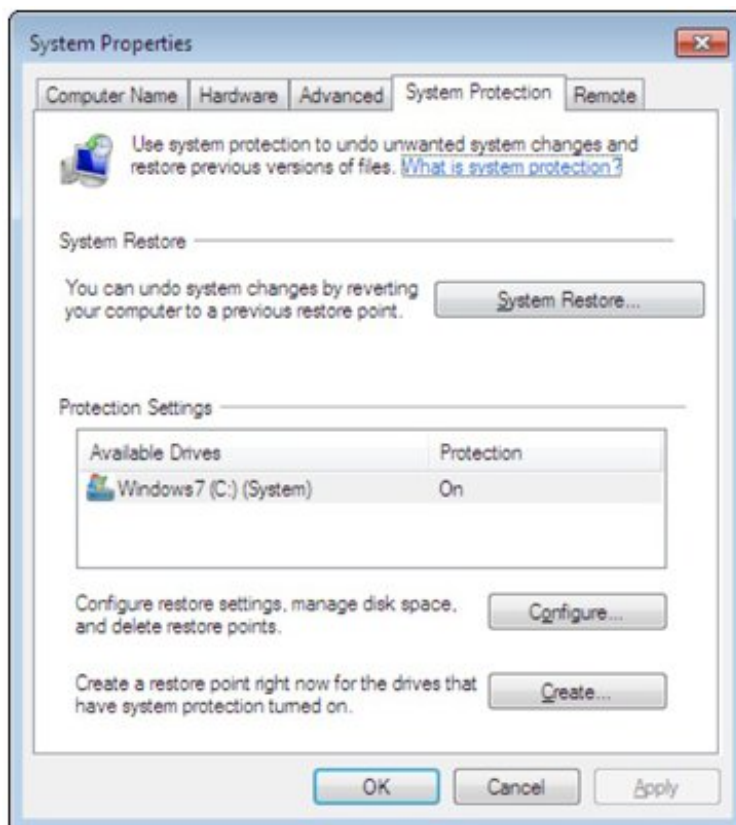
Make sure to name it as something you will easily recognize in case you need to do a restore. It usually takes a very short time to create a Restore Point.

Choose Start / Control Panel / System and Security. Click the System link

You can also get to the System page by typing "System" in the Start menu's Search box and selecting 'System' from the results list.

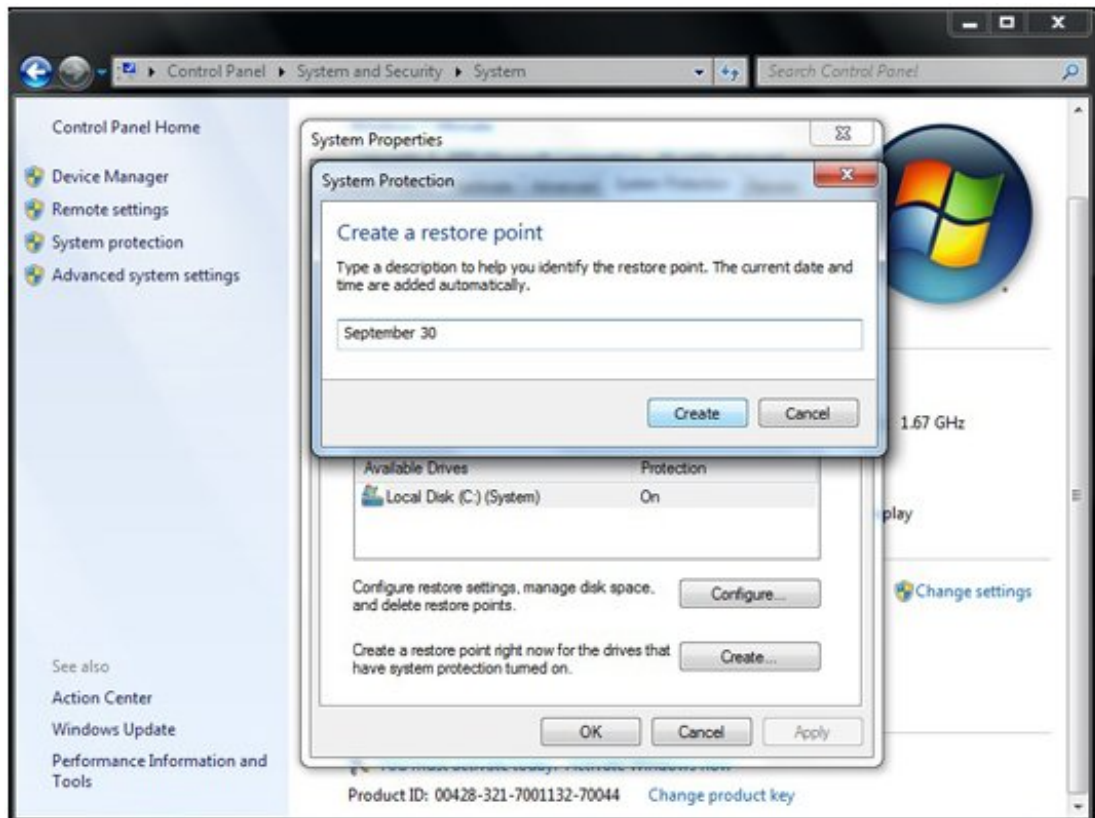
Click the System Protection link in the left panel

In the System Properties dialog box that appears, click the System Protection tab and then click the Create button



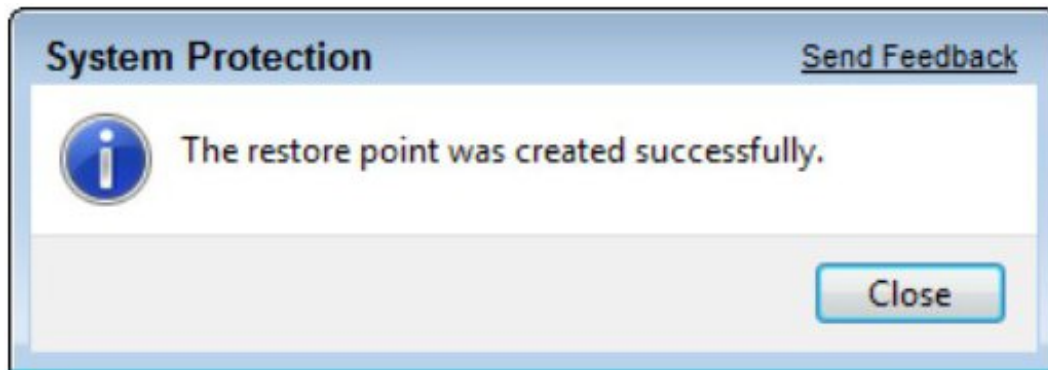
The Create a Restore Point dialog box appears

Name the restore point, and click 'Create'



Choose a name that you'll be able to recognize again

Windows alerts you when the restore point is created. Click Close until each of the boxes is closed.



Its unlikely that any of these programs would cause any problems as mentioned previously but its always better to be safe than sorry.

Instructions are included with most programs to get the best performance.

Tip: Sometimes if you find your computer lagging and going slow and you've been working on it awhile, all that's needed to get it back up to speed is a simple 'Restart'. Of course make sure to save any work you might have in progress before you do that.

Regular Cleanups

The key to having a fast computer is in running these programs and doing a cleanup on a regular basis. Perhaps once a week or so depending on your computer usage. Sometimes once a month is sufficient enough.

Suggestions for how often you should run them are included in this eBook for each particular program. Note: The 'Avast' program will run continuously in the background and provides real-time protection around the clock, so install that first in all situations.

Cleanup Tools Desktop Folder Tip: Create a folder on your desktop and name it 'Cleanup Tools' or similar. Add the shortcuts to each program into this folder. To create a Shortcut for a program in Windows 7:

Creating a Shortcut to a Program or File

To create a shortcut on the desktop to a program or file, there are two possible methods to choose from.

Method 1

Right-click an open area on the desktop, point to New, and then click Shortcut.

Click Browse.

Locate the program or file to which you want to create a shortcut, click the program or file, click Open, and then click Next.

Type a name for the shortcut. If a Finish button appears at the bottom of the dialog box, click it. If a Next button appears at the bottom of the dialog box, click it, click the icon you want to use for the shortcut, and then click Finish.

Method 2

Click Start, point to Programs, and then right-click the program you want to create the shortcut to.

Click Create Shortcut.

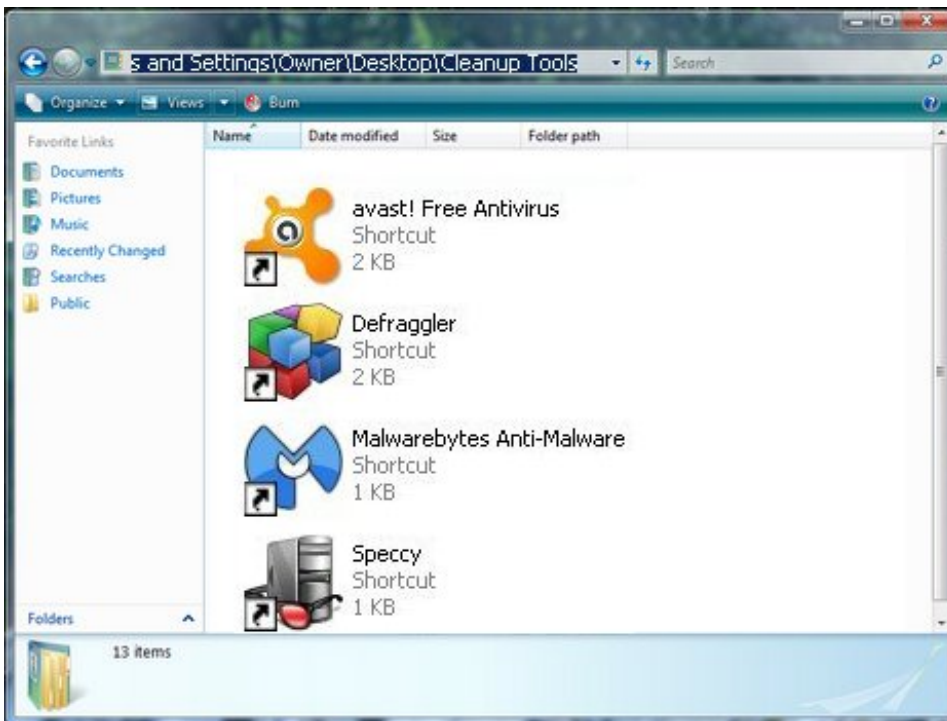
The shortcut is now at the end of the Programs list. For example, if you created a shortcut to Microsoft Word, to find that program, click Start, and then point to Programs. You will find the shortcut, named "Microsoft Word" (without the quotation marks), at the bottom of the Program list.

Drag the shortcut to the Desktop.

Then you will see this new shortcut on your desktop and you can just drag it into your new 'Cleanup Tools' folder.

Howto Drag a Shortcut

To drag a shortcut, just left click it with the mouse, hold the button down and drag it on top of the required folder. You can have a small collection here in this folder where you can just double-click each program shortcut to open it. Here's an example folder with 4 shortcuts in it:



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Cleanup Program Running Order

Its very important do all the work/tips following in a particular order. Initially each program may take a while to run and complete a scan if your PC is in particularly bad shape, but this will also speed up and improve as will your computer.

This is a vitally important Install/Run sequence to follow which helps avoiding picking up anything potentially harmful on the Internet. So the first program you should install and run is Avast. Install and run the following programs in this order:

Software Install and Run Order

#1 Avast – defend your computer from malicious nastyware in real time, install and run this first!

#2 CCleaner – cleanup vital areas of your PC and improve speed all around – includes Registry Cleaner

#3 Malwarebytes Anti-Malware – check for and remove PC slowing Malware

#4 Defraggler – defragment your hard-drives for smoother and faster running.

#5 Firewall – Use the built-in Firewall in Windows to get basic protection. Further updates on Firewalls coming soon.

Computer Fixes and Enhancements

Ram – near instant major fix numero uno!

Piriform Speccy – Get vital performance specs and info from your computer

WARNING: NEVER OPEN UP OR WORK ON A COMPUTER IF YOU ARE NOT A FULLY QUALIFIED ELECTRICIAN. COMPUTERS CAN CONTAIN LETHAL VOLTAGES.



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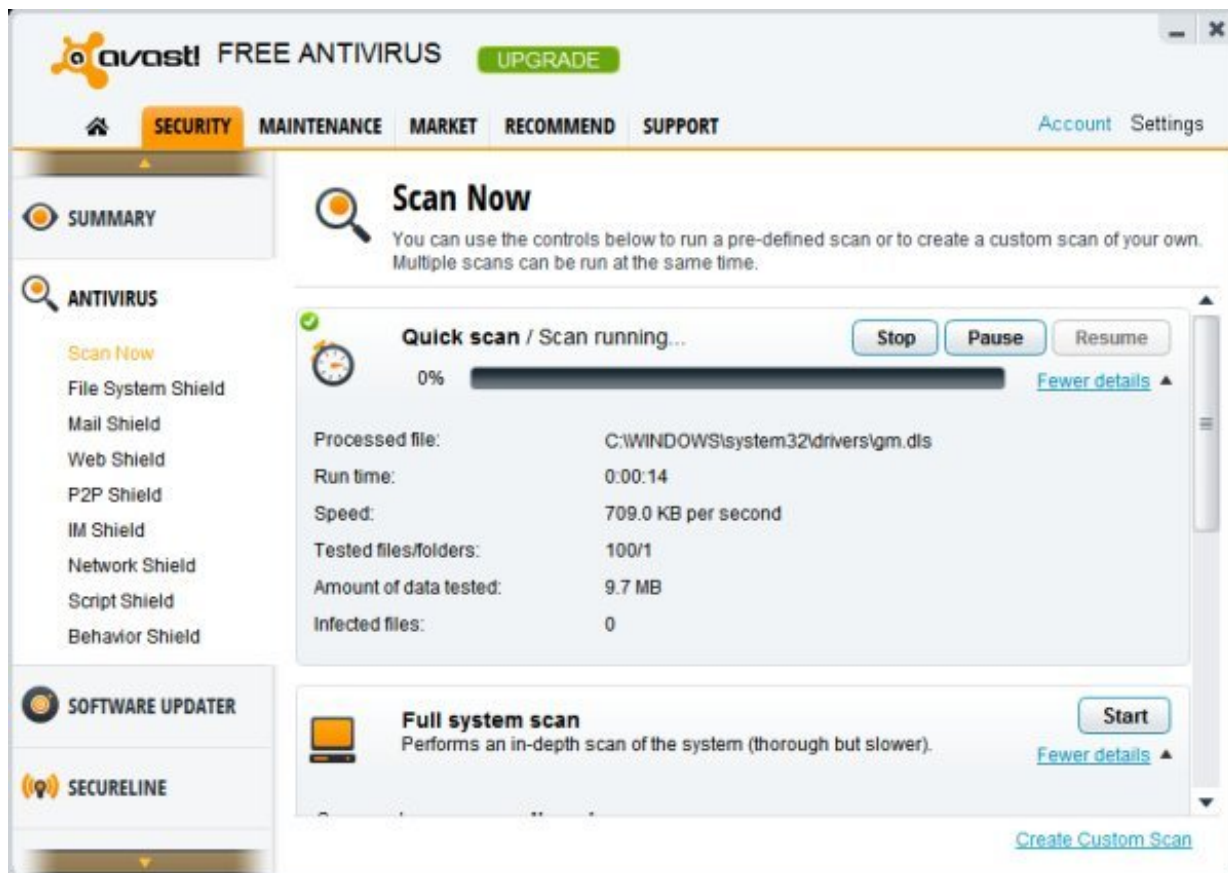
#1 Avast Anti-Virus

Avast provide a complete safety system for your beloved computer. This is a really powerful program and it can be customized to suit your needs.

You can fine-tune its performance by clicking on 'Settings' (top righthand corner). It runs live on your PC as you surf and if you download anything.

It doesn't interfere with PC speed or hog loads of computer resources either. It occasionally pops up messages to you if it needs to direct your attention on something. It updates automatically and tells you when it has done so (you can turn these notices on or off at any time).

You can run various computer scans and fixes with it at the click of a button. Its very versatile and provides great protection at all times. In short 'its awesome'.



The free version (free at the time writing anyway) is excellent alone and lifetime, but if you want even more

protection or 'business' protection, that option is available as a paid upgrade.



Note: An 'Uninstall' option for this program is included under Start/Set Program Access and Defaults/Uninstall

They don't come much better than this.

You can download it at: Avast Download / Download.com

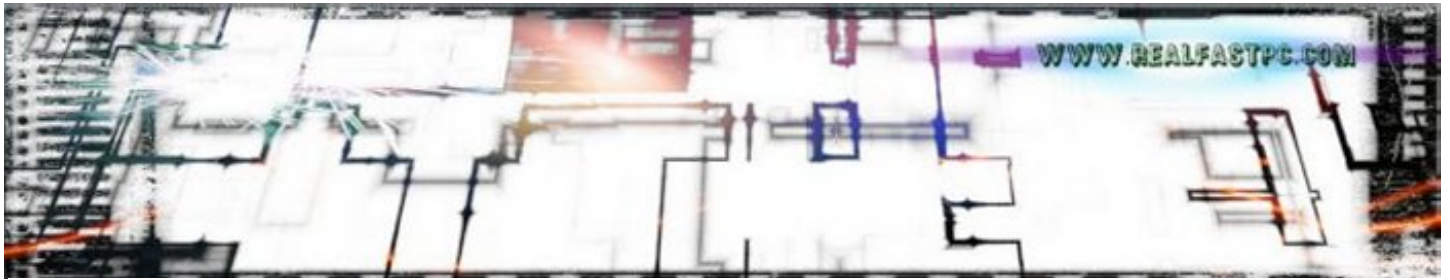


< click image to visit the official Avast page



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#2 C Cleaner

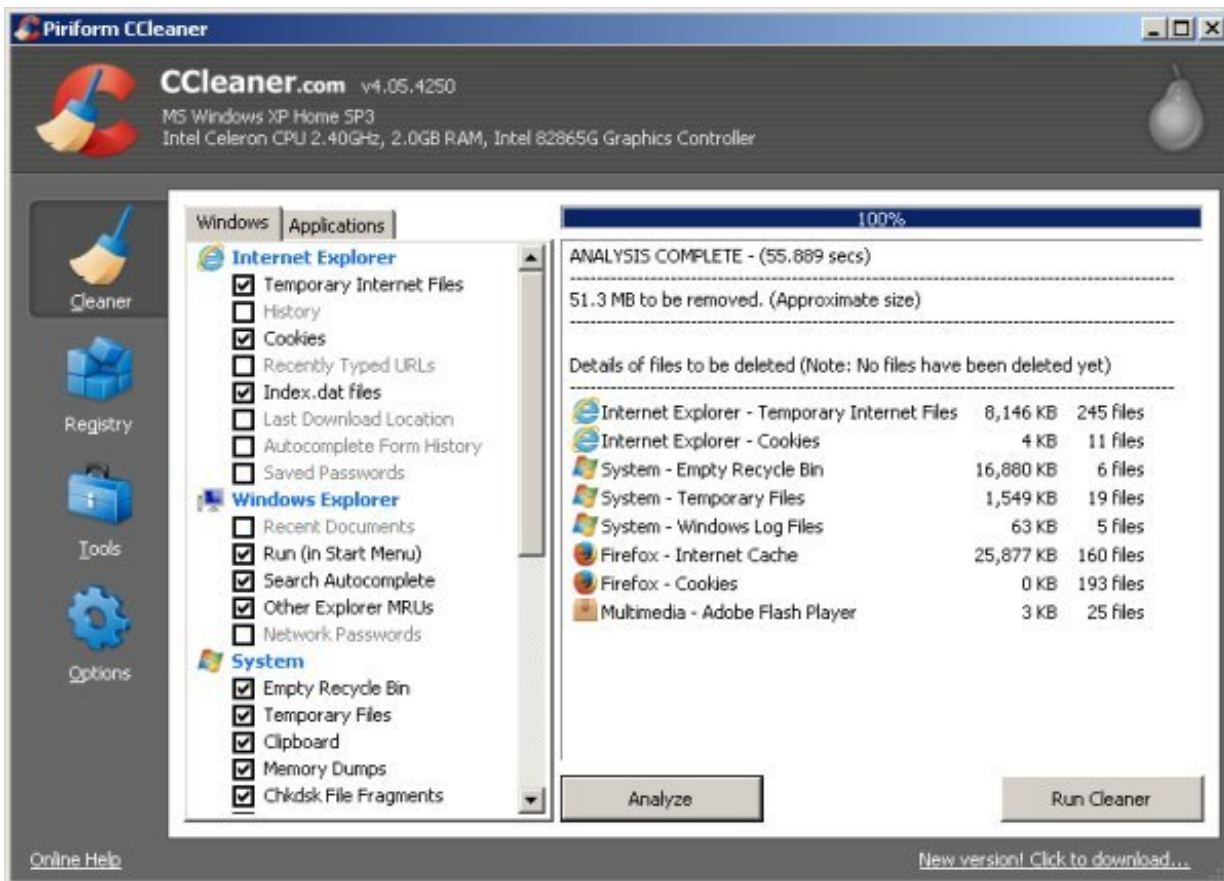
C-Cleaner is a fast and efficient software program that will clean out a lot of junk files responsible for slowing your computer performance down. Its a free program which is easy to install and run. It has 'Analyse' and 'Run Cleaner' options. As well as cleaning up your hard drive/s it can also cleanup your Registry which is also crucial to have in best working order.

Cleaning your Registry is important but some programs claiming to do this can actually damage your PC and make it unbootable! So be careful if you are running any reg clean program. Always make a Restore Point first before running one. I've never had any problems running CCleaner/Registry Clean.

Note: An 'Uninstall' option for this program is included under Start/Programs/CCleaner/Uninstall

Very fast and smooth program this – highly recommended.

- Make your Computer faster and more secure
- Clean your Internet tracks
- System monitoring and Multiple Profile cleaning
- Automatically notifies updates to the latest version



CCleaner Professional Version (Full Protection)

The professional version will give you round-the-clock protection. I love this program its truly excellent, and I use it on a weekly basis.

CCleaner Professional

The world's most popular PC cleaning and optimization solution! Full feature set, software updates and priority support. Instant online delivery!

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#3 Malwarebytes Anti-Malware

This effective software program helps keep some seriously nasty and dangerous malware from infecting your PC. Its great for picking up 'PUPs' (Potentially Unwanted Programs), which other programs may not catch.

These can have a detrimental effect on your PC's speed of operation. Before a scan (under the tab 'Scanner'), you can choose from:

Perform Quick Scan

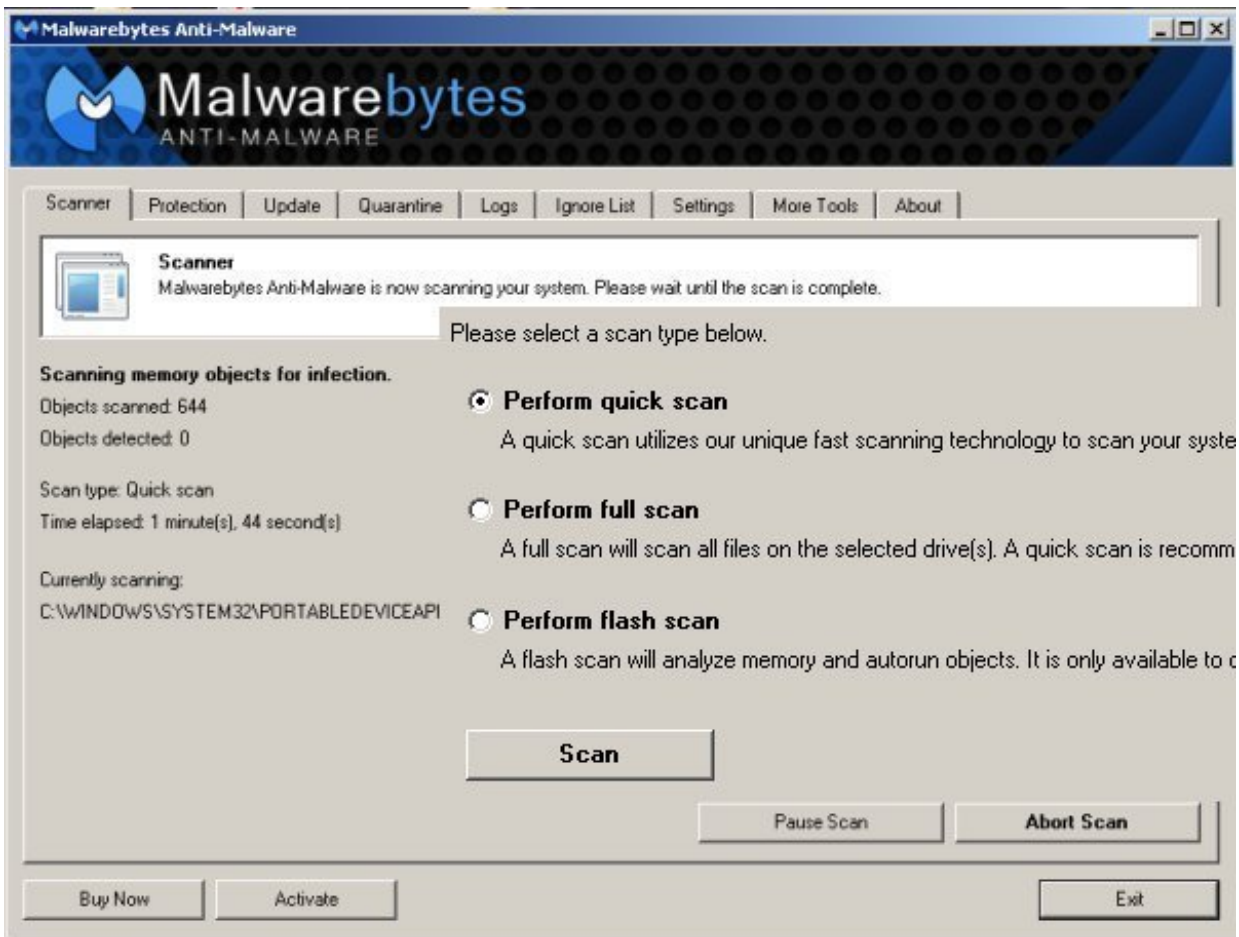
Perform Full Scan

Perform Flash Scan



New! Malwarebytes Anti-Malware Premium now Available!

Initially I would recommend a 'Full Scan' for your PC on first use. After that the 'Quick Scan' should keep you clean. But you should then run the 'Full Scan' every once in a while from then on, or if you think that your computer may have slowed down or picked up something.



Malwarebytes Automatic Updates

Malwarebytes will automatically update its database when necessary. It will tell you when this needs to be done and you just need to ok it. You can set this to warn you when its necessary or to do the updates automatically every time. You can access this option in the interface at Settings/Updater Settings.



Malwarebytes Options

This program also provides useful data such as Quarantine, Logs, Ignore List, More Tools and so on. Some of these more advanced options require an update to the Pro version. You can try this out first if you are considering it.

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