

## Cleaning out Spyware

I use 2 programs

Ad-Aware from <http://www.lavasoft.com/>

and Avg Anti Spyware from here <http://free.grisoft.com/doc/5390/us/frt/0>

Scan once a day, each of them

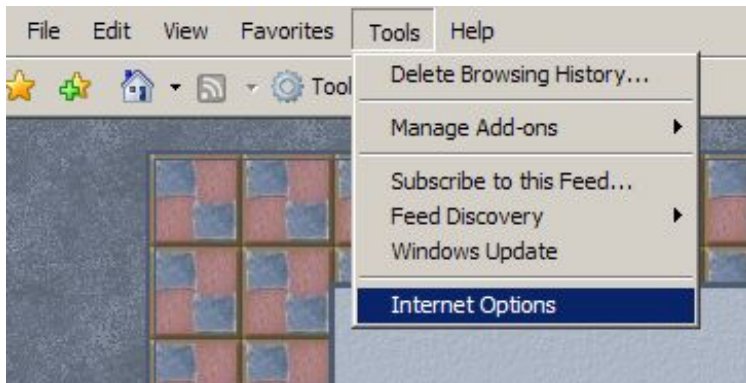
---

I also use a fire wall to stop intruders (hackers)using my PC as theirs, and to stop my programs trying to call home I use Sygate from here

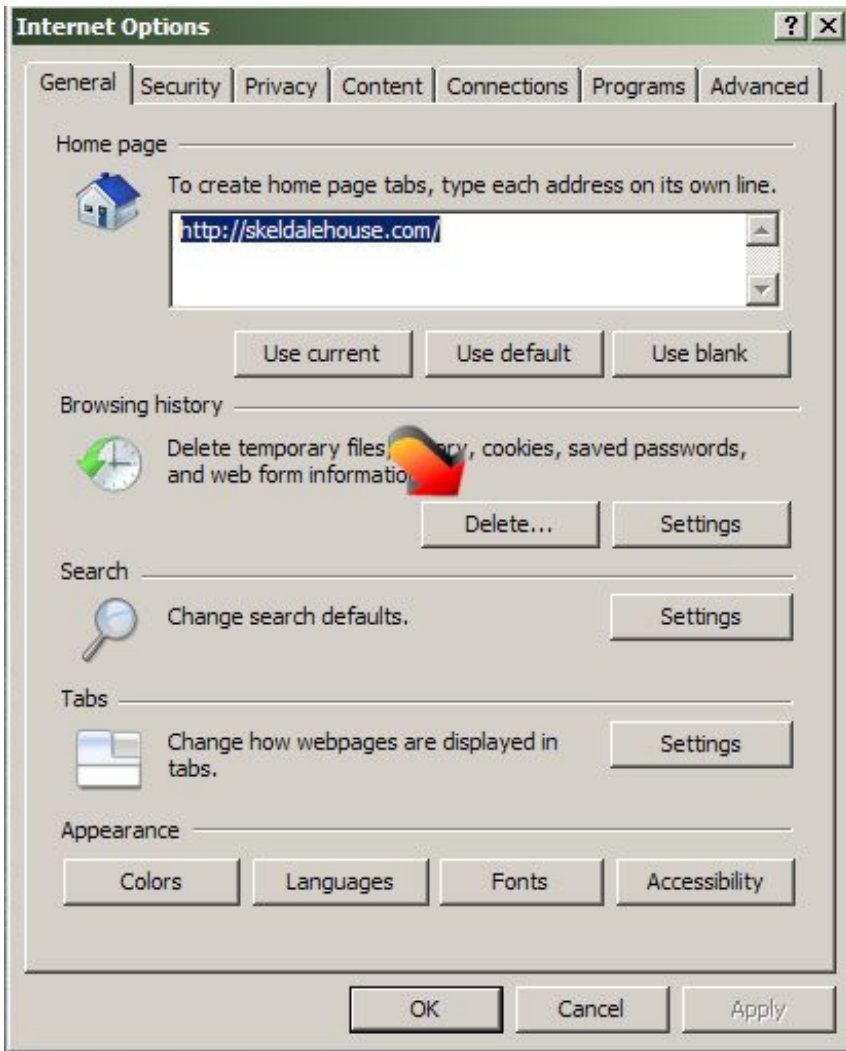
<http://www.simtel.net/product.download.mirrors.php?id=53687>

---

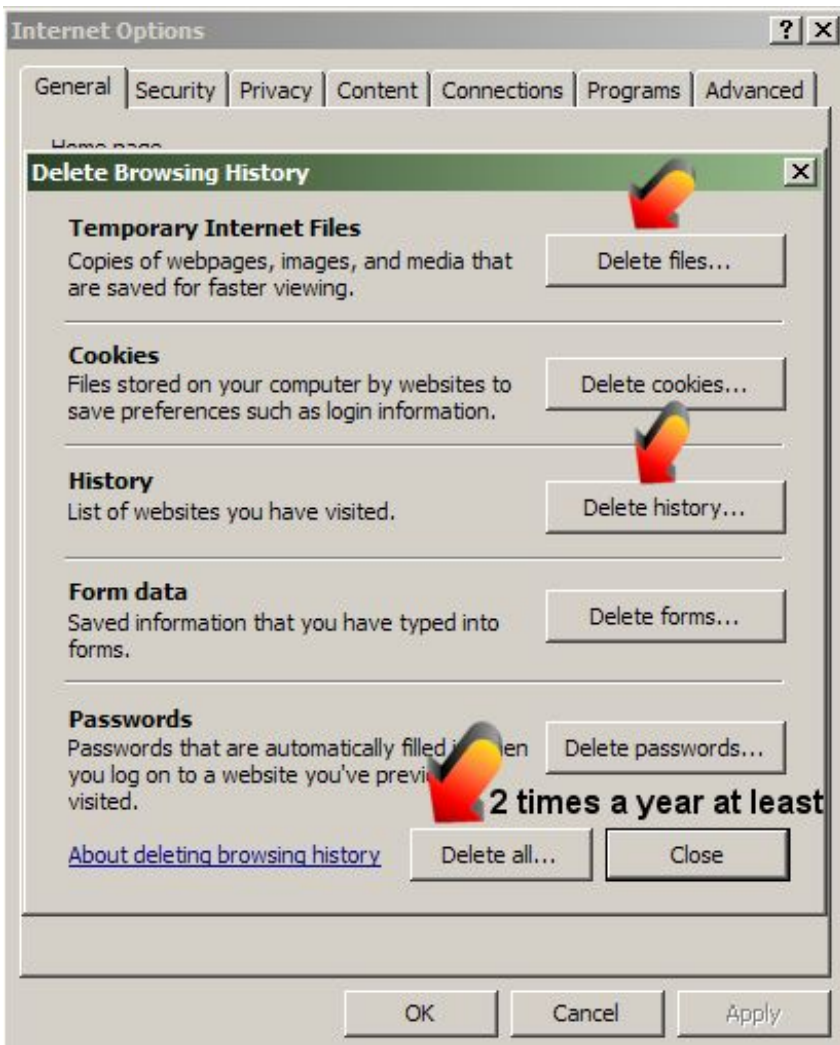
## Cleaning up IE from the internet



**Open Internet Explorer  
go to Tools internet options**

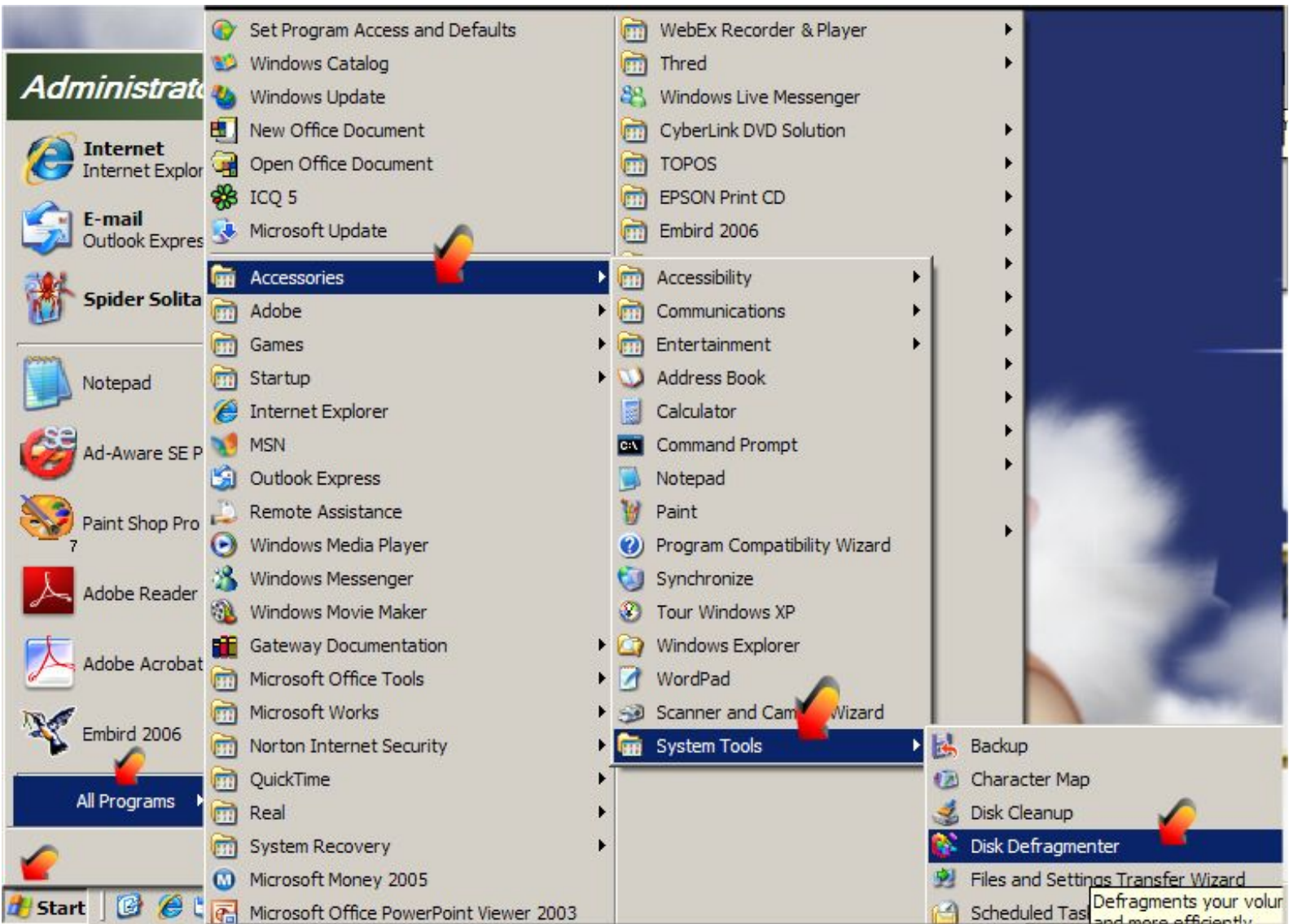


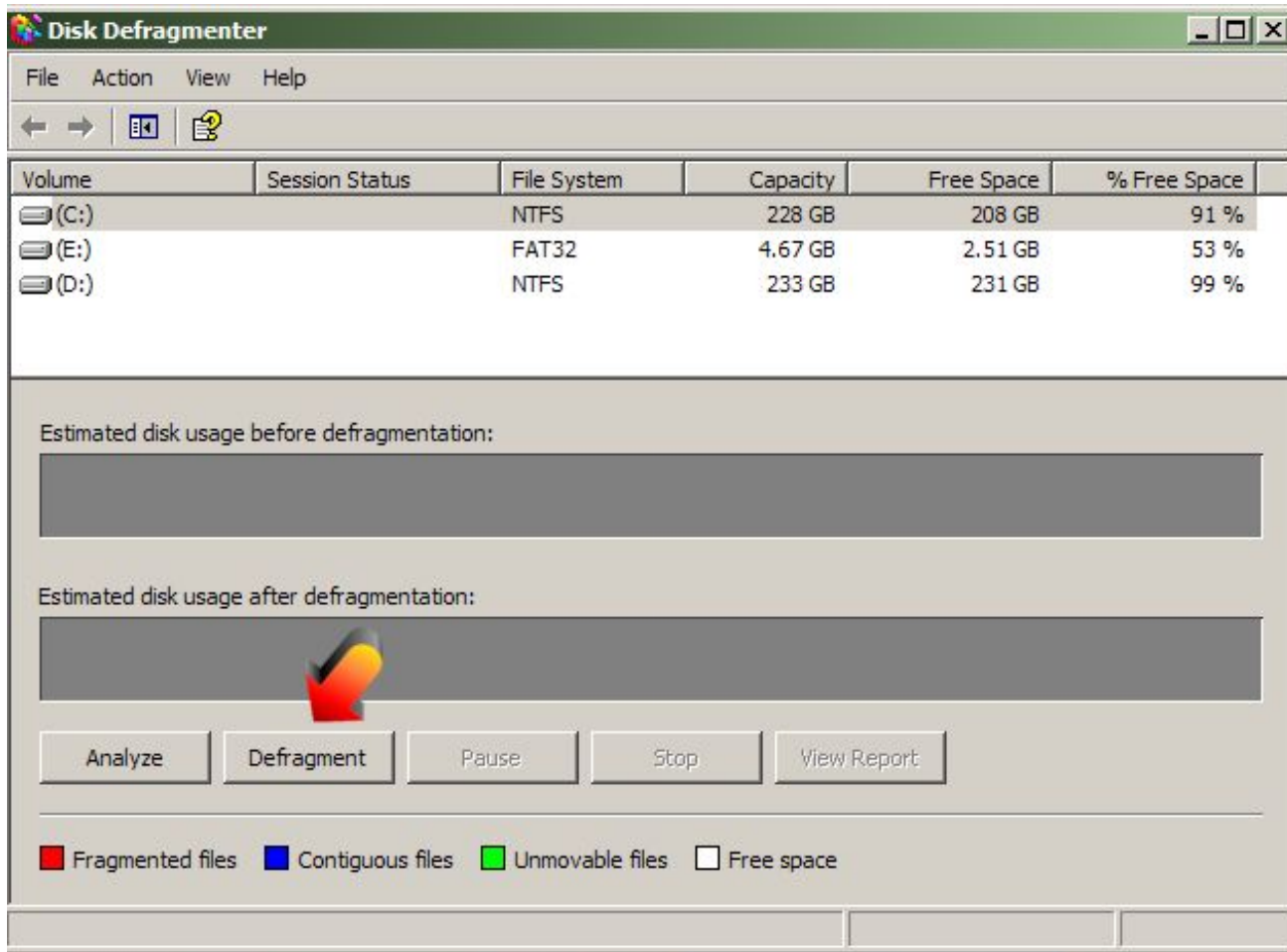
**Click on delete this is for IE7  
for IE6 and lower you will see where to delete  
off line content and history etc on this drop down**



IE 7 delete as shown about 2 times a month

**Now reboot,  
and then go and defrag your system  
Reboot and defrag a second time  
I do this 2 times a month**





1997 © 2007  
[Skeldale House](#)