

Remove spyware and viruses easily through system restore (Windows XP)

Windows System Restore is the simplest but a very efficient technique to remove spyware and viruses from your systems.

This technique is overlooked by most of us, but majority of computer technicians use this as the first tool to eliminate viruses and other spyware. If you are not familiar with this technique, let us see how this works.

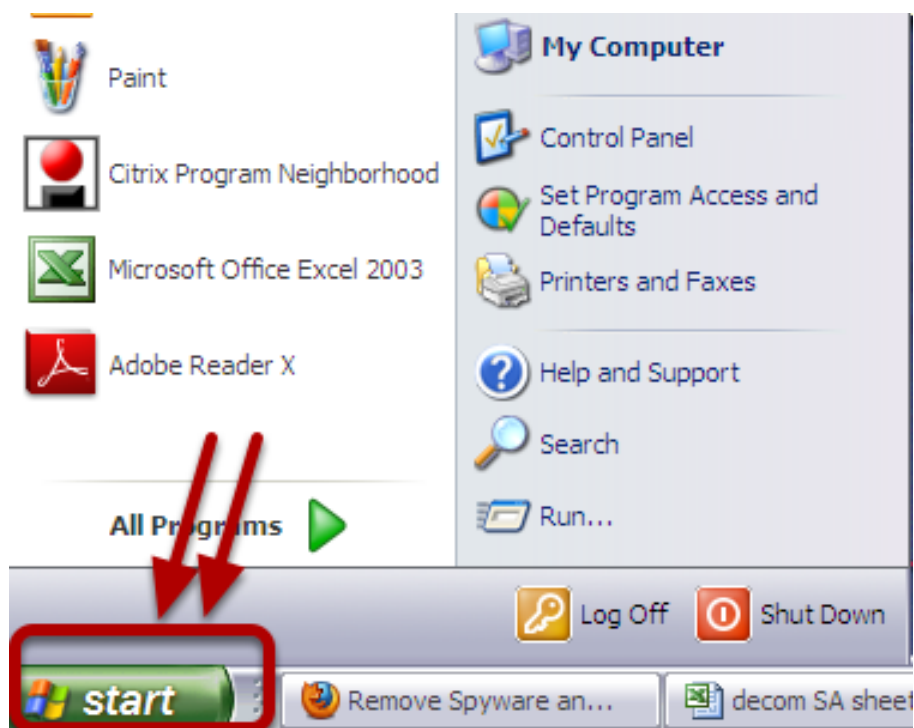
Using Windows System Restore will not delete or damage any of your files and folders saved anywhere on you PC or laptiop. That means all your files (documents, images, office files, songs, videos, movies, games) would be secure even after restoring the Windows to an earlier date.

Having said that, any software that you have installed after the date to which you are rolling back your system to would be deleted. There is nothing to worry about. You can easily go to websites, download and install the software again.

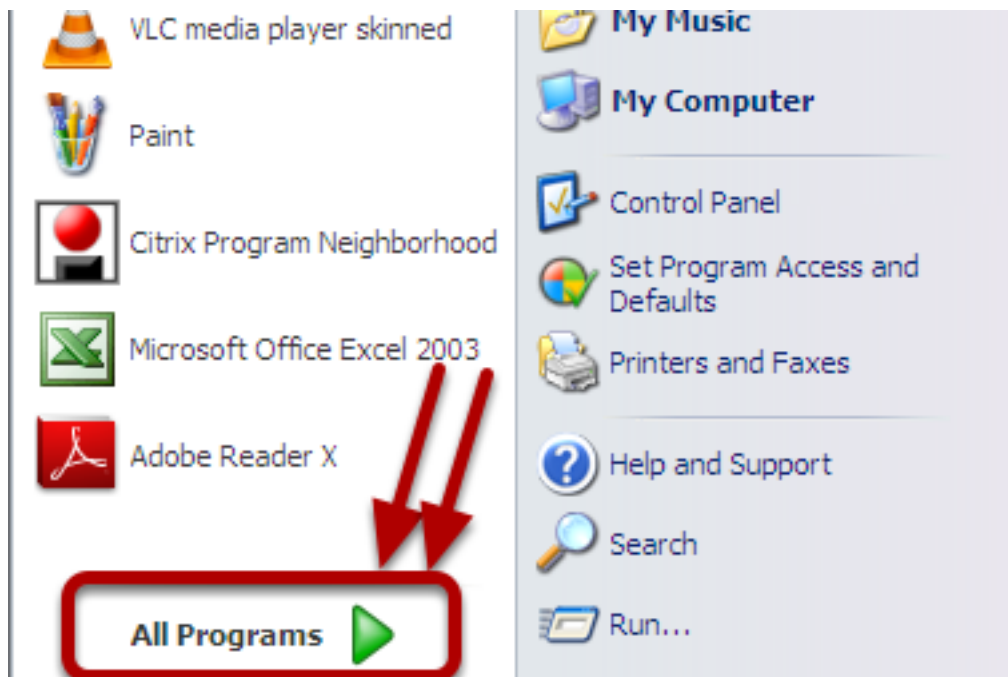
Your important files are more than safe with this system. When you restore your system, viruses and spyware would get eliminated and your system would come back to its original best.

This system restore method is for Windows XP.

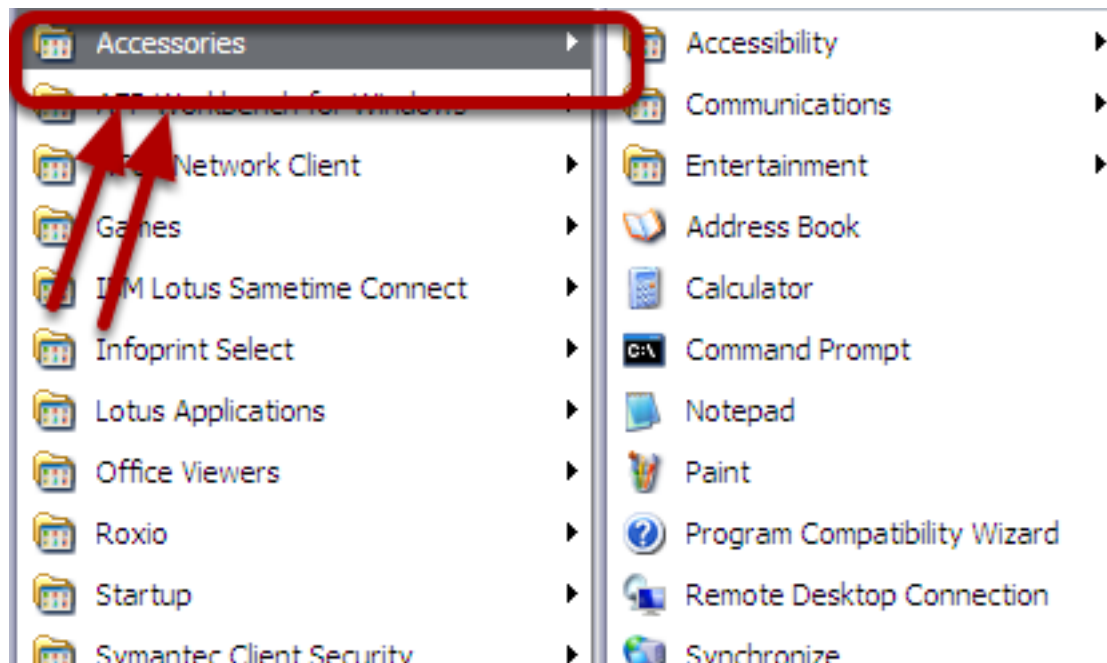
A . Hit the "START" Button of Windows XP



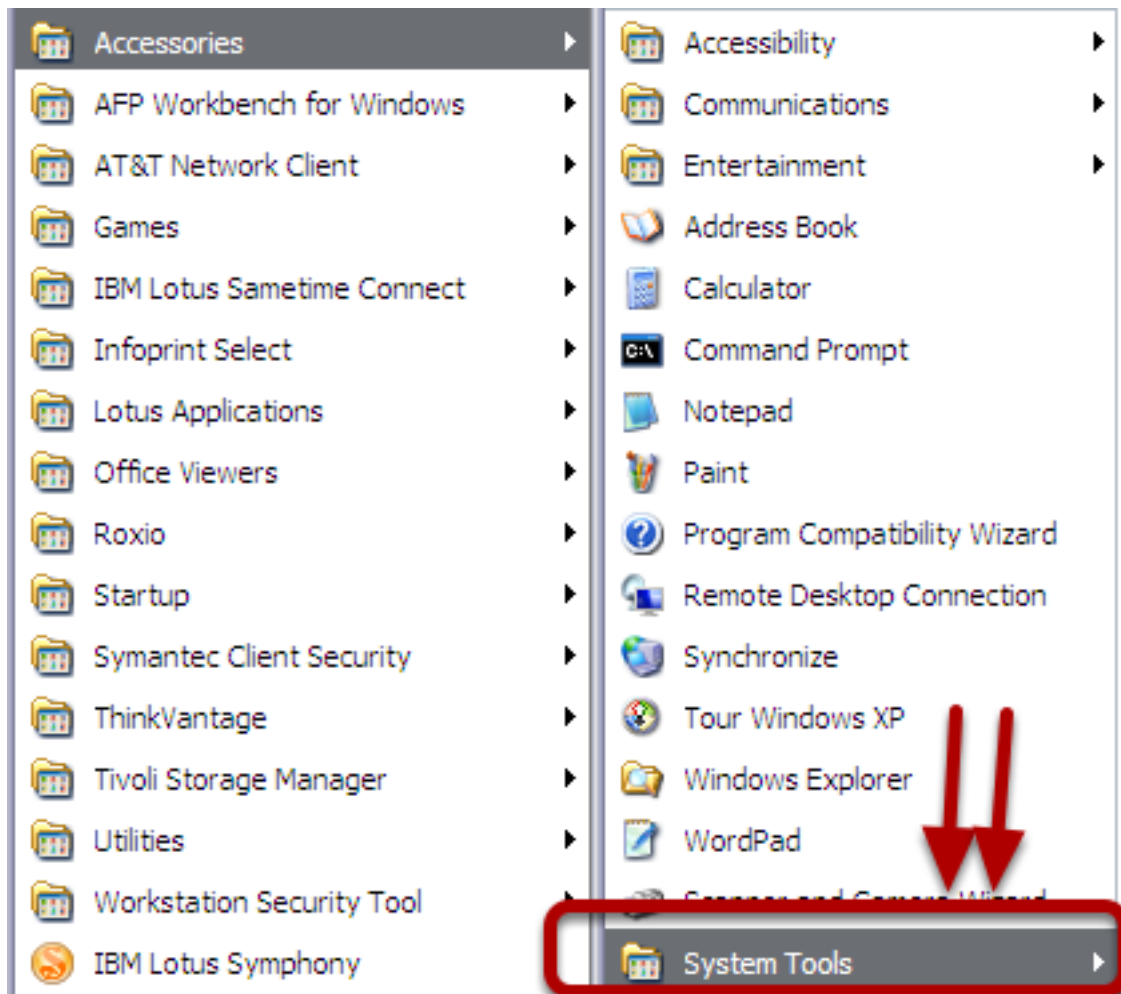
B. Click "All Programs"



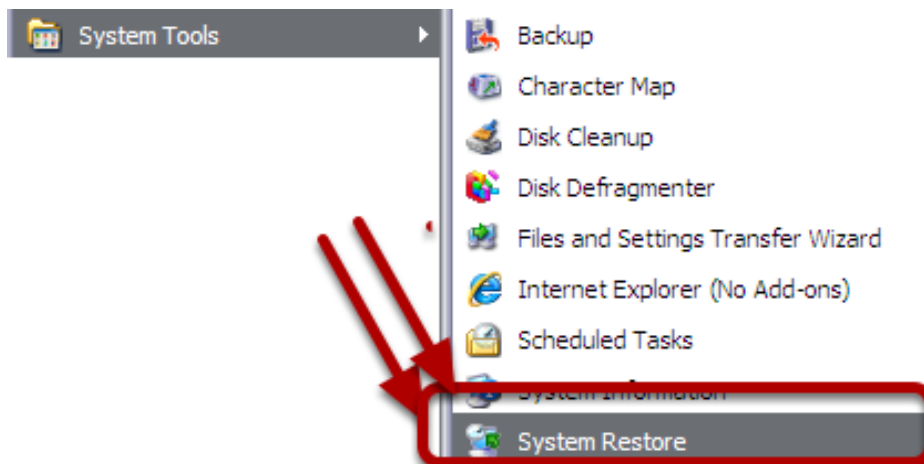
C. Now click "Accessories".



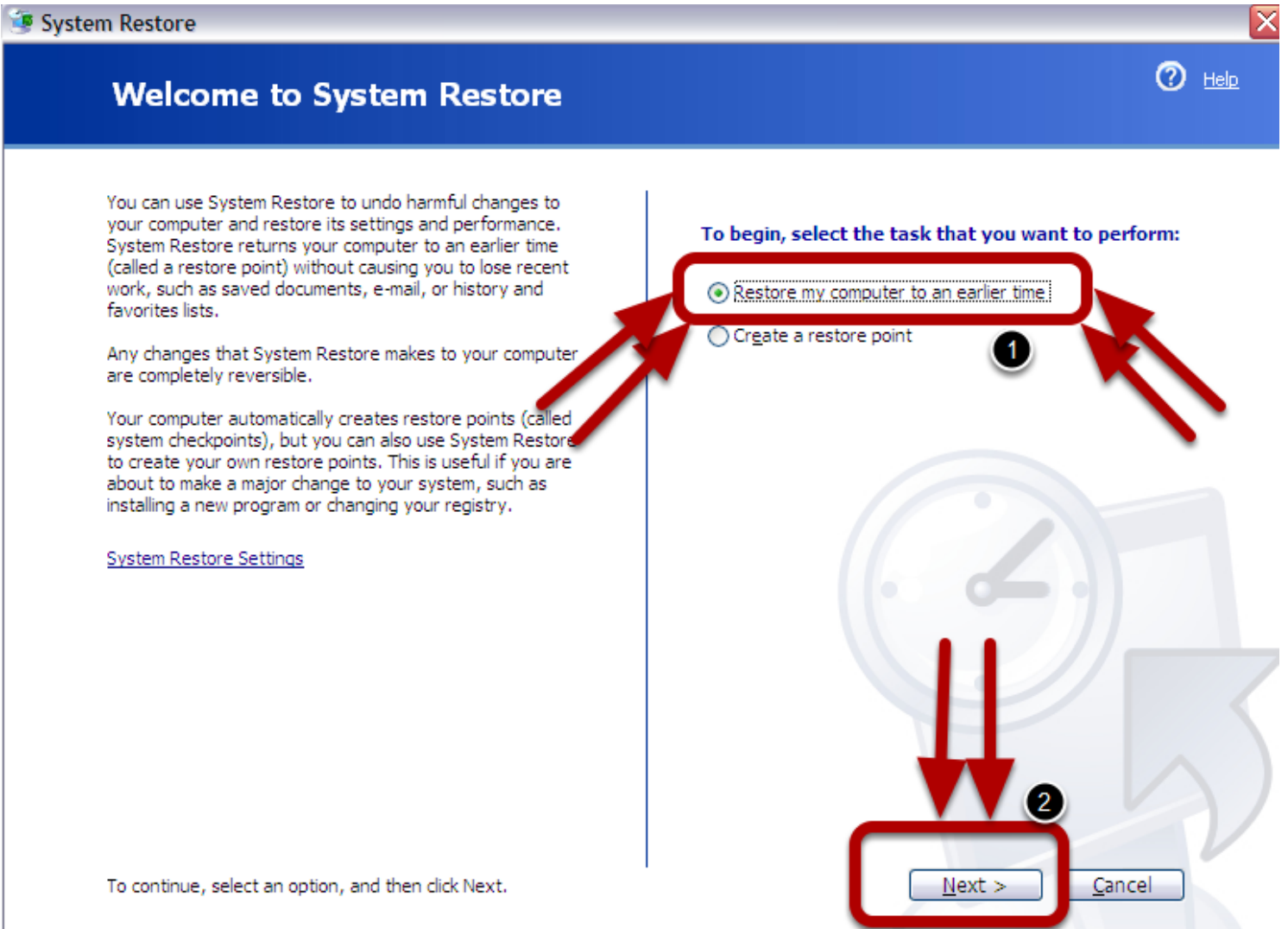
D. Next move to "System Tools".



E. Next select "System Restore"



F. The "System Restore" window will open now. Now, click the "NEXT" button.



In the System Restore window that pops up, click the "NEXT" button on the screen to restore the system to an earlier time.

By default "Restore my computer to an earlier time" is selected , continue with same selection and click NEXT .

G. Selecting a Restore Point.

Select a Restore Point [Help](#)

The following calendar displays in bold all of the dates that have restore points available. The list displays the restore points that are available for the selected date.

Possible types of restore points are: system checkpoints (scheduled restore points created by your computer), manual restore points (restore points created by you), and installation restore points (automatic restore points created when certain programs are installed).

1. On this calendar, click a bold date. 2. On this list, click a restore point.

September, 2011						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

Monday, 19 September 2011	
09:23:24	Installed Windows XP KB2570947.
08:52:25	System Checkpoint

Now, a new window would appear which is meant to select a restore point. Here you will have to select a date to which you wish to restore your system to.

By default the date of the particular day you are performing the system restore will appear on this calendar.

H. After selecting the date, you need to choose a "Restore Point" and then click "NEXT"



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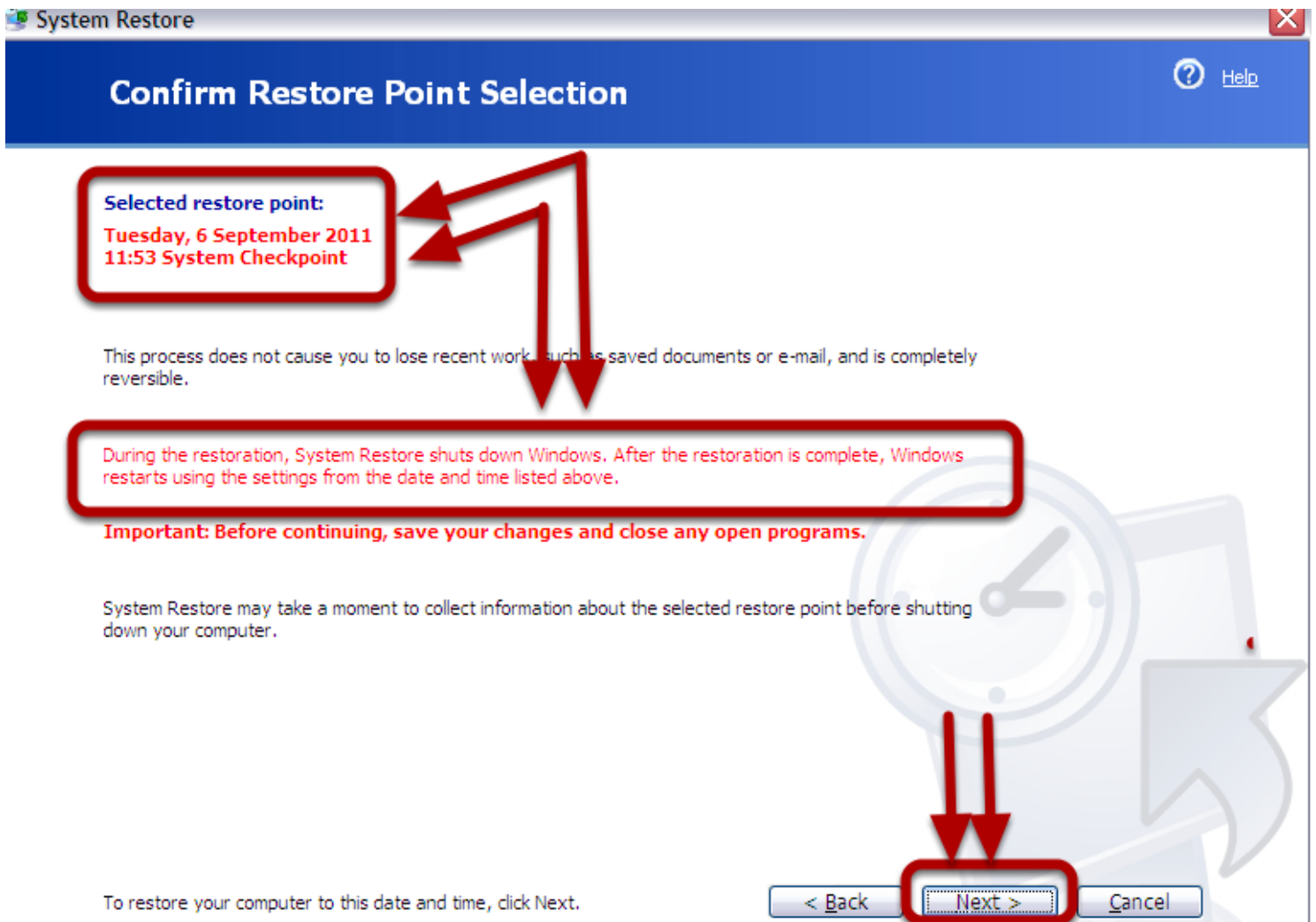
Tuesday, 6 September 2011	
11:53:59	System Checkpoint

< Back **Next >** Cancel

It is the operating system files that are affected by spyware and viruses causing the malfunction in the system. Hence the best practice is to select a restore point somewhere around 12-20 days ago. This way, you would not lose most of the software you have installed.

Remember, all your files (documents, images, office files, songs, videos, movies, games) would be secure in any case. It is just the software installations that roll back to a previous date.

I. Click "Next" to confirm the Restore Point Selection.



The above screen describes what I have already described in the beginning. It says that there would be no data loss from the system and that the system will reboot. After reboot the system will have the setting as of 6th September or whatever restore point date we have chosen there.

After the system reboots, a message will be displayed that the system restore has successfully taken place. Click "OK".

We have succeeded our war against viruses and spyware to a great degree. Proceed happily to your daily activities on your system. Cheers!



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