

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Got Spyware? Tips for detection, removal and prevention**

**By Anna-Marie Stewart**

**Got Spyware? Tips for detection, removal and prevention by Anna-Marie Stewart**

Spyware, also known as adware or malware, is getting to be more and more of a problem to internet users. Spyware is usually a program or application that is installed onto your pc, often without your knowledge or permission. It may display ads, monitor your Web surfing patterns, steal your passwords or become responsible for a whole range of bad stuff.

Where does spyware come from/What does it do?

These programs/applications can come from Web sites that download music or offer free software, or even from certain popup ads if you click anywhere inside the ad instead of hitting the X button to get rid of it.

Cookies are almost inevitable (most websites use them, and some won't even work without them), and rarely a problem as they are very easy to clean up or even not accept, but the threat posed by key loggers, diallers and Trojans is much greater.

A key logger can record anything you type, including your passwords, e-mail messages, and credit card numbers, and even your online chats. Diallers will secretly hang up your Internet connection and redial premium services that can run up your long-distance bill. Trojans can embed programs which will open "backdoors" into your computer to allow hackers to steal data or make your pc unusable.

These types of spyware can prove very costly to people unaware of them.

How do you know if your pc is infected with spyware?

Well, for definite, if you've never checked before, you can bet your bottom dollar that you WILL have some spyware on your computer.

Here are some common traits:

## Got Spyware? Tips for detection, removal and prevention

1. Changed IE favourites.
2. Homepage changes without you changing it.
3. Popup ads popping up even when you're offline.
4. New desktop icons appear for programs you did not knowingly install.
5. Some trojans will cause changes to the icons of your normal programs.
6. Prolonged System start-up after a reboot (takes a long time to load user settings).
7. You have to refresh a webpage multiple times before you can see the content.
8. Your pc may seem uncommonly slow or sluggish.
9. A program may not operate correctly. Some examples of this are Windows Media Player will not work. Notepad will not work, Task Manager, MSConfig or Regedit may close immediately after opening.
10. Unexplained loss of internet access (worst case scenario).

To eliminate spyware you should keep it from being installed on your computer in the first place. You could always just never install anything and never visit websites, but then you might as well throw away your internet connection altogether, huh? A better option might be to turn OFF the install on demand option in windows. This can be done by following these steps:

1. Open a new browser window.
2. Click on tools.
3. Click on internet options.
4. Click on advanced.
5. Scroll down through the list of advanced options and UNCHECK "Enable install on demand".
6. Click OK.

You can also make sure you can still download things that you WANT to download by following these steps:

1. Open a new browser window.
2. Click on tools.
3. Click on internet options.
4. Click on security
5. Click on custom
6. Scroll down until you find "Installation of desktop items" and set to "prompt"
7. Click OK

Remember, If your Internet security controls aren't properly set, just visiting a Web site or clicking on a Web ad can install an application.

Please note that if any of your programs are set to auto-update, you will need the install on demand option enabled.

How do you get rid of spyware?

Before running spyware removal tools, clean up your pc a little by hand first, that way the scan won't take as long.

## Got Spyware? Tips for detection, removal and prevention

1. Open a browser window.
2. Click on tools.
3. click on internet options.
4. Choose delete cookies --> ok
5. Choose delete files --> delete all offline content --> ok

The 2 most commonly recommended spyware removers are Spybot Search & Destroy, available here: [www.safer-networking.org/en/index.html](http://www.safer-networking.org/en/index.html) and Ad-Aware SE Personal, which is available here: [www.lavasoftusa.com/software/adaware](http://www.lavasoftusa.com/software/adaware)

Both of these are free, and they don't pressure you into paying for a full version, although spybot also immunizes your computer from known spyware without purchasing a "paid version", unlike adaware.

A great forum for getting answers about spyware and other related problems can be found here: <http://forums.spywareinfo.com/index.php?b=1>

Another really good place to find help with computer problems is <http://forums.techguy.org>

HijackThis is a general homepage hijackers detector and remover. It does not target specific programs/URLs, just the methods used by hijackers to force you onto their sites. As a result, false positives are imminent and unless you are sure what you're doing, you should always consult with knowledgeable folks before deleting anything. The above-mentioned forums are good places to ask for help with this. You can get HijackThis for free here [www.spychecker.com/program/hijackthis.html](http://www.spychecker.com/program/hijackthis.html)

Make it a part of your regular maintenance routine to scan your system for spyware, and remember that NO spyware blockers will be fully effective unless you keep them up to date, so check for updates often.

### -----Resource Box-----

How to easily avoid those contrived Scams, Shams, and Spam. Yes; without spending your Hard won money with every so called Guru. Be far better informed and prepared With This Brand New, Huge money Saving Free E-Book! Now You can quickly learn how to run a real home spun business without all the Hype.

<http://annamarketing.com/pops/splash.html>

Subscribe to Not Just Another Ezine <http://annamarketing.com>

=====

This article is available for reprint in your opt-in ezine, web site or ebook. You MUST agree not to make any changes to the article and the RESOURCE BOX MUST be included.

(c) 2004 AnnaMarketing.com. All Rights Reserved

**Spy Scanners - Don't Compromise your Privacy**

**By Gina Marie Capatar**

## **Spy Scanners - Don't Compromise your Privacy by Gina Marie Capatar**

Spies, spyware, internet parasites are among what they are usually called. These are scouts that monitor your web activities. They work undercover to check on your surfing patterns, spending habits, items bought, they extract email addresses, hijack browsers, steal credit card information. These are just some of the things a spyware is capable of.

A spyware is mainly an information hungry parasite determined to gather data from a user or surfer without him knowing it.

The information gathered by these parasites are then sent to the originator without the users consent. Most often, the information gathered by the spyware are used to generate ads and pop-ups on the user's PC.

Spywares and Adwares aside from being a nuisance and an invasion of privacy can also jeopardize the optimal performance of your PC. They can eat up unused disk spaces and position themselves in an inconspicuous location in your hard drive. They can also eat the bandwidth, crash your system and oftentimes inflict themselves in the Registry or in the memory of your computer.

Spyware and Adwares have become very rampant nowadays. Prevent yourself from being a victim of these by:

**Being careful of Freeware and Shareware Downloads**

– Some of these downloads are tagged with spywares which may be unknown to the user. Refrain from downloading sharewares and freewares from unknown sources.

**Installing a good spyware/adware scanner and removal software**

– There are a number of spyware scanner and/or removal softwares in the market today. A good spyware scanner can effectively locate all spywares installed on your PC and a good spyware removal tool can effectively remove all the spywares detected.

Spy Scanners are programs designed to detect spies in your PC. A good spy scanner can effectively search through the most unnoticeable embedded files that spy on you.

Most Spy scanners include a spyware removal function. Other spy scanners do not entail spyware removal features but display the logs of the spyware detected in your PC. The information in the logs contains the location and nature of the spywares.

For spy scanners with no built-in spyware removal functions, a manual deletion of the spyware files could also be done since the location and the file type is specified in the logs. Some Spy scanner products on the market today have spyware scan available for non-paying users and the removal tool available only for paying users.

Spy Scanners when installed can be chosen to run on demand or periodically.

Gina Marie Capatar is the main writer of <http://www.isnare.com> and is currently accepting freelance technical writing jobs. You can find more of her work at <http://www.isnare.com> and feel free to contact her at [gcapatar@gmail.com](mailto:gcapatar@gmail.com)



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**