NERD MAN

Newsletter September 2010

Recap From Last Month

Noisy Hard Drives: when you hard drive is sounding a bit noisy and make sure your files are backed up to allow for a worst case scenario.

Slow Computers: when it is not quite performing the way it used to problem into different check-up or a bit of an upgrade

Internet on the move: know your 3G coverage when selecting a mobile broadband company, when my sister rang up to complain about hers they said to "we do not guarantee a signal inside your house". Also understand your usage, your plan and your access charges.

This Month

Quick way to tell if you computer is infected:

when you look on your computer and you see things like Regcure, my Web search, fun Web products, quick shopping, easy shopping on your Internet Explorer toolbar is a quick and easy indication that things have install on your computer that are not good for.

Blackouts:

Blackouts are an announce to productivity, When you realise how much our world depend on electrical devices. When you experience a blackout insure you turned computers, routers, printers, TVs and set-top boxes, fridges, freezers and so on from the power point. When the power returns there is an initial surge that can cause power supplies to blow and modems and routers to reset their settings. Have a good quality power board or a uninterrupted power supply (UPS) on your I.T equipment, this is a worthwhile investment.

Ink Usage in printer:

Have ever wondered where your ink goes when you have not printed much. When your printer is turned on it does a nozzle and head clean this uses ink each time, so sometimes it's actually better to leave your printer on the saving ink. If you do notice that your printer makes funny noises like when you turn it on this means it's doing a clean, sometimes it's good to take note how often your printer does this throughout the day if it does it more than three times a day then it is better to turn your printer off and on as you need it.

Colour laser printers can do the same thing using the toner cartridges faster than it should. Just take note of how much colour printing you do compared to how fast your cartridges go, some printers are worse than others.

If you think other can benefit form this information forward it on to them

Advert

MSI this state's 24" All in One

Imagine right now have one of these units in your kitchen, kid's room or garage
You can watch TV, look up recipes, video calls, skype and much more.

The Best Software -
User-friendly Interface

TV tuner card and monitor arm sold separate

- Intel® Core 2 Quad Q9400s / Intel® Pentium E5400
- Genuine Windows® 7 Home Premium
- Premium Sound Technology with 2 x 5W Speaker,10W Subwoofer
- 23.6" (16:9), 1920 x 1080, Full-HD Multi-Touch Panel
- 4G DDR3 Memory / 1TB SATA2 Hard Drive
- Discrete ATI Radeon HD5730 with 1GB (or 512MB) DDR3 VRAM
  Or HD565v with 1GB (or 512MB) DDR3 VRAM
- Double-layer DVD Super Multi
- 802.11 b/g/n WiFi Networking
- The Most Complete Expanded Interface
- Wireless keyboard / Mouse
- Built in web cam

$1900 includes installation

What foods, leave a bad taste in your mouth?

The body knows what it likes and does not like, it's just that our taste buds, or our conscious mind having a belief that is not true. For example. Do we eat too much chocolate, we are told bananas are good for us, and apples are good for us, yet I can't eat apples because they make me feel sick, and my son can't eat bananas. And this was discovered using touch for health.

We all suffer from food intolerance and do not even know it sometimes. Ever had something that made you feel bloated, suffered from indigestion, gotten abdominal cramps, a quick trip to the toilet, sat on the floor talking to the toilet. These are things that your body did not want inside it. Touch for health and kinesiology have ways to test what foods your body's likes and does not like quickly and easily with muscle testing.

To know more called Ron on 0413315960 or visit **www.touchtoheal.com.au/touch-for-health.html**

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