SVCHOST Problem

DO NOT remove sychost.exe. This is a core operation system file that is used to run other applications. You need to find out what application sychost is running. Once you find this out you can decide whether or not to stop this program from launching. To find out what program is consuming 50% of you CPU time, download and run process explorer from Microsoft. The file is procexp.exe.

To you download it from this page. The page also tells you how to install it and how to use it.

http://technet.microsoft.com/en-us/sysinternals/bb896653.aspx

You will probably find the offending program in the start tab of msconfig.

Go to start/run

Type in "msconfig" and then OK

Click the startup tab and look for the program. Uncheck the box next to it and then OK. Restart your computer.

Revised 6/10/2009 JMM