

## [Things You Can Do To Repair And Recover Your Windows Registry](#)

Most of the time people don't even realize that they have a problem lurking in their Windows registry system until "poof," and the next thing they know they're being booted from their computer by an error message or the famous Microsoft blue screen of death. This can result in lost work, lost time, and at the very least an hour or two of hair-pulling frustration while you scream into the monitor. We have all been there, and we all know that dilemma.

Recovery:

Fortunately, recovering the windows registry isn't that difficult. In fact, there are a ton of recovery programs out there that can help you, and some of them are even free. First off, before we start tinkering with the windows registry (it's the database that lists everything on your computer and helps everything work together, so it's not something you want to mess with unless you're sure it's the problem), I recommend doing a scan of your registry to see if the issue truly lies there. You can find reviews of a number of free windows registry scanners at our website

After the scan has completed, the program will give you a list of different repair choices to fix any problem it might have found. If the registry scanner you're using tries to redirect you to another site where you have to buy the full license to fix the problem you should know that there are some that will complete the fix for free.

If you need an idea of which Windows registry tool to get, you can read reviews and learn about them on our website. We will tell you which programs are free or offer a trial period. This way, you can fix your registry programs and decide if you want to buy the full version of a registry tool or not.

After the recovery is complete:

Once you've cleaned your registry, you might think you're home free, and you will be for a while. But then it will happen again: BAM! Windows will crash because of a registry error. Since you know how to fix this, you can go running right back to that registry scanner or repair program and run it again...and again in a month when you get another error...and again two weeks later.

Why do these errors keep coming back? The registry, as mentioned earlier, lists everything on your computer. The more programs and hardware you add, the more entries in your registry. The way the registry is set up, these entries should be deleted when you remove any of these programs or devices. However, that doesn't always happen. Viruses, adware, spyware, and other unwanted things can also corrupt the registry, adding to your problems.

Protecting your computer:

To keep your registry as protected as possible, you'll want to do a few things. First, of course, you'll want to continue to use that registry scanner every couple of weeks or so. This will keep registry errors from building up and help your computer run better.

One thing you can do to help you remember to complete the registry scan is to set aside a day every couple of weeks to run all of your spyware, virus, and registry scans all at once. Mark it on your calendar, kick the kiddos off the computer and just spend some time scanning your hard drive. If you wanted to you could even set it on an automated scan schedule, but there are sometimes conflicts if you forget that it is set to run and you are on the computer it can slow you down tremendously.

What you need to remember to keep a healthy registry:

- \* Confirm through a registry scanner that Windows registry problems are occurring on your computer.
- \* Check out the registry repair systems and download one to repair your registry.
- \* Make sure that you keep up on the routine registry scans to make sure this doesn't happen again.

### About the Author

To learn more about [registry repair software](#), ways to repair your windows registry, plus tips on keeping your computer operating at peak efficiency, visit [www.FreeRegistryScanner.com](http://www.FreeRegistryScanner.com)