speed up vs 2010 visual studio

Tools > Options — CHECK "Show all options"

- IntelliTrace DISABLE
- HTML Designer DISABLE

startup speedup

Tools > Options

• Environment > Add-in/Macros Security - UNCHECK "Allow Add-in components to load"

Tools > Extension Manager

• Uninstall all you don't need.

Tools > Options > Environment >

- Uncheck "Automatically adjust visual experience based on client performance"
- then uncheck "Enable rich client visual experience"

Tools > Options > Environment > Startup:

At startup = "Show empty environment"

Tools > Options > Source Control

Set to "None"