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You'll open a document editor in the Terminal window. Copy and paste in the following chunk of code:

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST
1.0//EN"
"http://www.apple.com/DTDs/PropertyList-
1.0.dtd">
<plist version="1.0">
<dict>
<key>Label</key>
<string>nothrottle</string>
<key>ProgramArguments</key>
<array>
<string>/usr/sbin/sysctl</string>
<string>debug.lowpri_throttle_enabled=0</string>
</array>
<key>RunAtLoad</key>
<true/>
</dict>
</plist>
```

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In the Terminal window, tap the Ctrl+O keyboard shortcut (that's Ctrl, not Cmd!) and then hit Enter. Then tap Ctrl+X.