Well, from my experience, turning it off had no impact on normal internet activity, such as browsing websites or downloading files. Remote Desktop connections suddenly worked properly without lag, and a few other applications which perhaps didn't get along with auto-tuning *seemed* to run faster, although not by a great deal.

The one scenario in which I have noticed a difference is transferring large files over my LAN. Disabling auto-tuning does impact speed here, but the difference is not massive, and unless you regularly transfer 200mb+ files over your LAN I don't think it will ever be an issue. The fact this goes slower is not surprising, since this is exactly the sort of thing auto-tuning was designed for.

One thing you can do if turning it off causes problems is create two shortcuts, one to disable it, and the other to enable it. That way, when your running something that needs it turned off you can simply click the disable shortcut, and when your done click the enable one. I used to do this when I first turned it on, but I stopped doing it when I noticed nothing seemed any slower with it disabled.