

Currency Watch		2016-07-29			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
USD	23.2 mg	-1.6%	-1.5%	-18.8%	
CAD	17.7 mg	-1.6%	-2.4%	-19.5%	
EUR	25.8 mg	-0.6%	-1.2%	-18.4%	
JPY	0.224 mg	0.9%	-2.3%	-3.0%	
CNY	3.49 mg	-0.6%	-1.3%	-23.3%	
BTC	15,219.6 mg	-0.7%	1.2%	84.7%	

Bond Watch		2016-07-29			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
1-3 Year (SHY)	1.98 g	-1.5%	-1.5%	-17.9%	
20+ Year (TLT)	3.28 g	0.4%	0.9%	-2.6%	

Equity Watch		2016-07-29			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
DJIA	427.20 g	-2.3%	2.6%	-15.6%	
S&P 500	50.38 g	-1.6%	3.4%	-16.3%	
Nikkei 225	3.71 g	0.5%	4.0%	-20.8%	
Euro STOXX FEZ	0.79 g	5.9%	10.3%	-27.8%	
HUI	6.36 g	4.2%	11.3%	97.0%	

Commodity Watch		2016-07-29			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
Crude Oil	.96 g/bbl	-7.4%	-17.9%	-30.7%	
Platinum	26.14 g/oz	1.7%	11.4%	-6.8%	
Palladium	16.39 g/oz	1.7%	19.6%	-8.0%	
Silver	0.464 g/oz	0.1%	8.4%	11.4%	
Copper	51.7 mg/lb	-1.8%	0.5%	-24.8%	
Coffee	33.9 mg/lb	1.4%	-0.3%	-2.8%	
Cotton	17.2 mg/lb	0.3%	10.1%	-5.9%	