

National Currency Watch		2019-11-29			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
USD	21.3 mg	0.3%	1.8%	-16.0%	
CAD	16.0 mg	0.3%	0.3%	-16.0%	
EUR	23.5 mg	0.2%	1.0%	-18.7%	
JPY	0.195 mg	-0.5%	1.2%	-13.1%	
CNY	3.02 mg	0.5%	2.7%	-16.9%	

Digital Token Watch		2019-11-29			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
Bitcoin (BTC)	165.33 g	6.7%	-16.2%	52.3%	
Ethereum (ETH)	3.31 g	3.7%	-13.1%	5.4%	

Bond Watch		2019-11-29			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
US 1-3 Year (SHY)	1.81 g	0.3%	2.0%	-12.8%	
US 20+ Year (TLT)	2.99 g	0.7%	4.3%	5.3%	

Equity Watch		2019-11-29			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
DJIA	597.54 g	0.9%	5.5%	-7.0%	
S&P 500	66.91 g	1.3%	5.3%	-3.7%	
Nikkei 225	4.53 g	0.3%	2.6%	-9.1%	
Euro STOXX (FEZ)	0.85 g	0.5%	3.5%	-5.4%	
HUI	4.58 g	2.2%	3.5%	23.2%	

Commodity Watch		2019-11-29			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
Crude Oil	1.18 g/bbl	-4.2%	1.1%	-9.9%	
Platinum	19.04 g/oz	-0.5%	-0.8%	-8.4%	
Palladium	39.02 g/oz	4.1%	4.8%	31.1%	
Silver	0.361 g/oz	-0.9%	-2.2%	-0.1%	
Copper	56.7 mg/lb	0.4%	0.7%	-19.8%	
Coffee	25.4 mg/lb	3.2%	22.5%	-11.0%	
Cotton	13.9 mg/lb	1.1%	2.8%	-30.2%	