

National Currency Watch 2022-07-22

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	17.9 mg	-1.8%	6.0%	3.6%
CAD	13.9 mg	-0.3%	6.9%	1.4%
EUR	18.3 mg	-0.3%	2.4%	-10.1%
JPY	0.132 mg	0.1%	5.9%	-16.1%
CNY	2.67 mg	-0.4%	5.6%	0.1%

Digital Token Watch 2022-07-22

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	406.76 g	7.1%	20.5%	-27.2%
Ethereum (ETH)	27.53 g	22.5%	44.8%	-19.9%
Crypto Index (CCI30)	5,393.08 g	10.8%	28.5%	-42.1%

Bond Watch 2022-07-22

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	1.48 g	-1.4%	6.5%	0.0%
US 20+ Year (TLT)	2.12 g	0.3%	11.3%	-16.6%

Equity Watch 2022-07-22

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	571.22 g	0.1%	11.0%	-5.1%
S&P 500	70.94 g	0.7%	11.7%	-6.0%
Nikkei 225	3.67 g	4.3%	13.0%	-15.0%
Euro STOXX (FEZ)	0.63 g	2.3%	6.1%	-21.8%
HUI	3.60 g	-2.9%	-11.3%	-20.3%

Commodity Watch 2022-07-22

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	1.696 g/bbl	-4.7%	-5.4%	36.4%
Platinum	15.79 g/oz	1.8%	0.5%	-15.2%
Palladium	34.83 g/oz	2.5%	10.6%	-24.6%
Silver	0.337 g/oz	0.1%	-6.9%	-22.3%
Copper	59.5 mg/lb	0.6%	-10.6%	-20.8%
Coffee	37.0 mg/lb	-0.3%	-8.1%	10.6%
Cotton	17.8 mg/lb	1.3%	-26.4%	14.6%