National Currency Watch	2022-08-12				
•		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
USD	17.4 mg	-1.1%	-3.4%	-2.5%	
CAD	13.6 mg	-0.1%	-1.8%	-4.6%	
EUR	17.8 mg	-0.3%	-1.6%	-14.8%	
JPY	0.130 mg	0.2%	-1.3%	-19.5%	
CNY	2.57 mg	0.0%	-3.4%	-6.1%	
Digital Token Watch	2022-08-12				
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
Bitcoin (BTC)	423.53 g	3.7%	22.0%	-46.4%	
Ethereum (ETH)	33.97 g	11.8%	73.2%	-39.8%	
Crypto Index (CCi30)	6,135.05 g	5.2%	41.3%	-54.8%	
Bond Watch	2022-08-12				
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
US 1-3 Year (SHY)	1.43 g	-1.0%	-3.4%	-6.1%	
US 20+ Year (TLT)	2.01 g	-1.8%	-2.9%	-21.8%	
Equity Watch	2022-08-12	2022-08-12			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
DJIA	585.95 g	1.8%	5.2%	-7.3%	
S&P 500	74.29 g	2.2%	8.2%	-6.4%	
Nikkei 225	3.71 g	1.5%	7.0%	-18.0%	
Euro STOXX (FEZ)	0.65 g	1.5%	8.5%	-24.1%	
HUI	3.72 g	3.5%	-1.0%	-16.4%	
Commodity Woteh	2022 00 12				
Commodity Watch	2022-08-12	Change from			
	Price in Gold	_			
Crude Oil	1.598 g/bbl	2.4%	-7.2%	Year ago 30.0%	
Platinum	-	1.8%	8.7%	-8.2%	
Palladium	16.61 g/oz 39.22 g/oz	6.7%	2.8%	-16.4%	
Silver	0.352 g/oz	0.7%	3.7%	-10.4%	
Copper	63.8 mg/lb	2.5%	9.1%	-15.0%	
Coffee	39.3 mg/lb	7.1%	4.6%	18.4%	
Cotton	19.9 mg/lb	11.4%	12.3%	19.6%	
Collon	Ta.a mg/m	11.470	12.570	13.0%	