

National Currency Watch 2022-12-09

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	17.3 mg	-0.6%	-4.5%	-1.1%	-30.4%	
CAD	12.7 mg	-1.8%	-5.6%	-7.8%	-34.3%	
EUR	18.3 mg	0.0%	0.4%	-7.6%	-37.5%	
JPY	0.127 mg	-1.4%	2.3%	-17.9%	-42.1%	
CNY	2.47 mg	1.3%	-0.4%	-9.4%	-33.8%	

Digital Token Watch 2022-12-09

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	296.69 g	-0.4%	3.0%	-64.5%	-21.4%	
Ethereum (ETH)	21.89 g	-2.9%	-11.3%	-71.7%	93.0%	
Crypto Index (CCi30)	4,240.80 g	-2.9%	4.2%	-69.6%	-44.8%	

Bond Watch 2022-12-09

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.41 g	-0.7%	-3.7%	-4.9%	-28.7%	
US 20+ Year (TLT)	1.84 g	-1.3%	7.6%	-28.3%	-35.9%	

Equity Watch 2022-12-09

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	579.70 g	-3.4%	-1.7%	-7.4%	-4.2%	
S&P 500	68.13 g	-4.0%	0.2%	-17.2%	3.3%	
Nikkei 225	3.54 g	-1.0%	3.0%	-20.6%	-29.2%	
Euro STOXX (FEZ)	0.69 g	-2.1%	6.8%	-14.7%	-32.9%	
HUI	3.94 g	-4.5%	3.1%	-10.5%	-10.5%	

Commodity Watch 2022-12-09

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.230 g/bbl	-11.8%	-21.0%	-1.0%	-13.8%	
Platinum	17.33 g/oz	-1.2%	-3.7%	4.6%	-21.9%	
Palladium	33.30 g/oz	2.0%	-2.7%	4.7%	32.7%	
Silver	0.400 g/oz	1.6%	3.5%	2.7%	1.7%	
Copper	67.1 mg/lb	0.1%	-1.1%	-11.5%	-8.7%	
Coffee	27.3 mg/lb	-2.1%	-8.8%	-35.1%	-10.4%	
Cotton	14.0 mg/lb	-4.6%	-10.6%	-24.9%	-23.5%	