

National Currency Watch 2022-12-23

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	17.3 mg	-0.5%	-3.4%	0.2%	-29.8%	
CAD	12.7 mg	0.3%	-4.8%	-5.4%	-34.1%	
EUR	18.3 mg	-0.5%	-1.1%	-5.9%	-37.0%	
JPY	0.130 mg	2.4%	1.6%	-13.7%	-40.1%	
CNY	2.46 mg	-1.0%	-0.5%	-8.6%	-33.5%	

Digital Token Watch 2022-12-23

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	290.13 g	0.4%	-2.3%	-66.8%	-19.8%	
Ethereum (ETH)	21.08 g	4.0%	4.0%	-69.5%	27.0%	
Crypto Index (CCi30)	3,860.84 g	0.8%	-10.1%	-74.2%	-69.4%	

Bond Watch 2022-12-23

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.40 g	-0.6%	-3.0%	-3.7%	-28.0%	
US 20+ Year (TLT)	1.76 g	-5.1%	-3.9%	-29.8%	-36.9%	

Equity Watch 2022-12-23

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	573.53 g	0.4%	-6.2%	-7.4%	-5.8%	
S&P 500	66.41 g	-0.6%	-7.7%	-18.4%	0.6%	
Nikkei 225	3.41 g	-2.4%	-3.9%	-21.4%	-31.3%	
Euro STOXX (FEZ)	0.67 g	-0.2%	-4.7%	-15.9%	-33.4%	
HUI	4.00 g	4.0%	-1.7%	-8.5%	-13.8%	

Commodity Watch 2022-12-23

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.374 g/bbl	6.6%	-5.0%	8.1%	-4.4%	
Platinum	17.00 g/oz	-1.8%	-3.2%	1.6%	-24.2%	
Palladium	29.23 g/oz	-2.6%	-13.0%	-10.3%	15.6%	
Silver	0.410 g/oz	3.5%	7.9%	4.3%	3.0%	
Copper	64.8 mg/lb	-0.7%	0.2%	-14.3%	-18.1%	
Coffee	29.7 mg/lb	4.3%	3.8%	-25.4%	0.3%	
Cotton	14.7 mg/lb	3.5%	-1.9%	-21.7%	-23.2%	