

Currency Watch		2013-07-19			
			Change from		
		Price in Gold	Week ago	Month ago	Year ago
	USD	24.0 mg	-1.2%	5.9%	22.2%
	CAD	23.1 mg	-1.4%	3.8%	19.1%
	EUR	31.5 mg	-1.0%	4.1%	30.5%
	JPY	0.240 mg	-2.3%	0.2%	-3.6%
	BTC	2,203.3 mg	-6.0%	-9.9%	1,134.4%

Bond Watch		2013-07-19			
			Change from		
		Price in Gold	Week ago	Month ago	Year ago
	1-3 Year (SHY)	2.03 g	-1.1%	6.0%	22.3%
	20+ Year (TLT)	2.62 g	0.1%	3.4%	6.1%

Equity Watch		2013-07-19			
			Change from		
		Price in Gold	Week ago	Month ago	Year ago
	DJIA	373.12 g	-0.7%	9.0%	46.8%
	S&P 500	40.62 g	-0.5%	10.1%	50.3%
	Nikkei 225	3.50 g	-1.7%	10.4%	60.0%
	HUI	5.77 g	5.5%	3.3%	-26.1%

Commodity Watch		2013-07-19			
			Change from		
		Price in Gold	Week ago	Month ago	Year ago
	Crude Oil	2.59 g/bbl	0.7%	16.5%	42.1%
	Platinum	34.13 g/oz	0.1%	4.8%	22.9%
	Silver	0.466 g/oz	-2.4%	-4.8%	-13.5%
	Copper	75.5 mg/lb	-1.5%	6.9%	9.1%
	Coffee	29.4 mg/lb	1.6%	5.8%	-20.7%
	Cotton	20.8 mg/lb	0.4%	7.3%	47.9%