

National Currency Watch 2022-07-08

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	17.9 mg	3.4%	6.6%	4.0%
CAD	13.8 mg	3.2%	3.2%	0.8%
EUR	18.2 mg	1.2%	1.1%	-10.7%
JPY	0.132 mg	2.7%	4.9%	-16.3%
CNY	2.66 mg	3.4%	5.5%	-0.4%

Digital Token Watch 2022-07-08

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	388.86 g	16.6%	-23.3%	-31.3%
Ethereum (ETH)	21.88 g	19.3%	-28.3%	-45.2%
Crypto Index (CCi30)	4,853.02 g	14.8%	-15.3%	-51.5%

Bond Watch 2022-07-08

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	1.48 g	3.0%	6.2%	0.0%
US 20+ Year (TLT)	2.01 g	0.6%	5.3%	-20.0%

Equity Watch 2022-07-08

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	560.77 g	4.2%	1.5%	-5.3%
S&P 500	69.78 g	5.4%	1.0%	-6.1%
Nikkei 225	3.49 g	5.0%	-1.5%	-21.0%
Euro STOXX (FEZ)	0.61 g	1.4%	-8.0%	-22.8%
HUI	3.88 g	-1.3%	-10.8%	-14.5%

Commodity Watch 2022-07-08

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	1.875 g/bbl	-0.1%	-8.5%	49.4%
Platinum	15.73 g/oz	4.2%	-6.5%	-14.7%
Palladium	37.02 g/oz	11.8%	13.1%	-22.7%
Silver	0.344 g/oz	0.7%	-6.6%	-23.5%
Copper	63.2 mg/lb	0.9%	-15.5%	-14.0%
Coffee	39.9 mg/lb	0.9%	2.5%	52.3%
Cotton	18.4 mg/lb	2.3%	-22.2%	22.8%