

National Currency Watch 2022-07-29

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	17.7 mg	-0.9%	3.7%	4.3%
CAD	13.8 mg	-0.8%	4.2%	1.3%
EUR	18.1 mg	-1.3%	0.9%	-10.5%
JPY	0.133 mg	0.8%	6.1%	-14.4%
CNY	2.60 mg	-2.5%	2.4%	-1.3%

Digital Token Watch 2022-07-29

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	422.27 g	3.8%	22.8%	-37.9%
Ethereum (ETH)	30.64 g	11.3%	56.6%	-22.9%
Crypto Index (CCi30)	5,800.70 g	7.6%	34.2%	-46.0%

Bond Watch 2022-07-29

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	1.47 g	-0.7%	4.3%	0.9%
US 20+ Year (TLT)	2.08 g	-1.9%	7.1%	-16.4%

Equity Watch 2022-07-29

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	582.64 g	2.0%	9.7%	-2.3%
S&P 500	73.27 g	3.3%	12.1%	-2.5%
Nikkei 225	3.69 g	0.4%	10.1%	-14.4%
Euro STOXX (FEZ)	0.65 g	3.3%	7.9%	-19.6%
HUI	3.68 g	2.1%	-6.8%	-21.3%

Commodity Watch 2022-07-29

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	1.749 g/bbl	3.2%	-6.9%	39.8%
Platinum	15.77 g/oz	-0.2%	-1.2%	-13.6%
Palladium	37.13 g/oz	6.6%	9.0%	-18.1%
Silver	0.356 g/oz	5.7%	-0.8%	-17.7%
Copper	63.7 mg/lb	7.0%	-1.5%	-17.2%
Coffee	38.5 mg/lb	4.1%	-3.2%	15.3%
Cotton	18.3 mg/lb	2.7%	2.5%	19.1%