

The Client Connection

The Markets

Around the world in a few paragraphs...

The post-election adrenaline rush may be over in the United States. Barron's reported:



"The new year began with high hopes, with the bulls expecting the rally that began with Donald J. Trump's election victory to continue into 2017, while the bears salivated at the opportunity presented by a market that had gotten way ahead of itself. Instead, the market has failed to break up or down...At his press conference last week, Trump covered a lot of ground...But he didn't cover the three subjects investors especially wanted to hear about - namely taxes, fiscal policy, and infrastructure. As a result, some of the primary beneficiaries of the Trump trade stalled: The S&P 500 Financials index declined 0.1 percent, while the energy sector dropped 1.9 percent."

[Click here to read the entire article.](#)

Burgernomics: Here's a Big Mac Index Update

The Economist invented the Big Mac index in 1986 as an entertaining way to assess whether currencies were at the "correct" levels. The index reflects the idea that countries' exchange rates should balance so the same product (in this case, a hamburger) costs the same in two different countries when the price is denominated in the same currency. After updating the index on January 11, 2017, The Economist reported the "all-meaty" dollar was stronger than usual.



[Click here to read the entire article.](#)

7 Foods That Relieve Joint Pain



Eating these regularly can help reduce inflammation and soothe your joints.

If aching knees, stiff shoulders, and other painful joints are something you regularly experience, you're not the only one. According to researchers from the U.S. Centers for Disease Control and Prevention (CDC), over 14 million people in 2014 said they suffer from severe joint pain, commonly caused by inflammation in the body. Remedies include regular exercise and supplements, but what you eat may also help.

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