I have been getting a lot of questions about what advice I have during this time of record high inflation and rumors of a U.S. recession. Here are a few recommendations:

1. **GOLD**. Gold is typically what most people think about because at some point during their life that's what they've been told. This isn't wrong and gold should be an important part of a diversified portfolio. If you have been following me for the last year you know I was an advocate for gold last summer as a hedge for what was coming. Precisely noting last August 2021 would be a prime time to buy gold and to take a position in SPDR Gold Shares ETF (GLD). Between August 2 and August 13, the price of the EFT was between 161.39 and 171.40. Today, I still recommend taking a short-term position in this EFT. The current price (170.37) places your position below the area of resistance we saw 08-Mar-22 (193.30) and I believe there is a strong probably for short-term capital appreciation.

   If you are looking to take a longer position, I'd go straight to buying physical gold; it's an excellent hedge against inflation because its price has a tendency to increase when the cost-of-living increases. This is because: as the purchasing power of the fiat currency decreases due to inflation, physical gold is typically priced in local currency thus the price increases along with everything else. This is why I recommend the EFT in the short-term and physical gold for longer periods. For U.S. investors, the hefty increases in the supply of the U.S. dollar had weakened its value through April; however, recently the U.S. dollar and bond yields have strengthened making gold less attractive. But looming concerns about the health of the Chinese economy, the continued fervor of the Russia-Ukraine war, a U.S. recession on the horizon, and the continued U.S. inflation will cap gold losses in the near-term and swing the price upward.

2. **GROW**. This is an excellent time for you to grow what you already own at a value price. View this season as an opportunity to grow your position and take advantage of dollar-cost averaging. Remember, patience – you're running a marathon not a 100-yard dash.

   If you have specific concerns regarding certain stocks in your portfolio, this is what Omega Strategies is here for. Join up and you will get access to independent equity analysts who will do the due diligence for you. For example, if you're worried whether a particular stock could or will ever recover, our staff can ease those reservations with sound research, valuation, and analysis to recommend a strategy tailored specifically for you.

   In the meantime, dividend paying stocks are always a great way to get cash flow, and now at a great value. Below are a couple dividend stocks I recently recommended:

   - **DNP Select Income Fund Inc. (DNP)**
     They are a closed ended balanced mutual fund launched by Virtus Investment Partners, Inc. and managed by Duff & Phelps Investment Management Co. It invests in domestic public equity and fixed income markets.

I like DNP because it has been paying out monthly dividends since February 1987; super consistent. Its P/B is 1.01, indicating a strong buy; however, I do feel as though the price is a bit overvalued and its upside maybe short-lived. Anyway, I'm optimistic so we take a $4,500 position at 11.25 receiving 400 shares and providing $312 in annual dividend payments. The price can dip as low as 10.47 before we get into negative returns.

- **Church & Dwight Co., Inc. (CHD)**
  They develop, manufacture, and market household, personal care, and specialty products (e.g., Arm & Hammer, Oxiclean, Orajel, and other popular household brands).

  I like CHD for a couple of reasons: (1) consecutive annual dividend increases and (2) even at 98.63 per share, I see a lot of upside. My current valuation has an implied target range 199.58 - 203.07. Its P/B is 7.38, also indicating a strong buy. We take a $5,000 position at 98.63 receiving 50.695 shares and providing at least $160 in annual dividend payments. The price can dip as low as 95.47 before we get into negative returns.

3. **DEPLOY**. Get your savings out of the bank and deployed into the economy working for you. The national average interest rate for savings accounts is 0.06 percent, according to Bankrate's May 11 weekly survey of institutions. Inflation hit a 40-year high at the end of 2021, and in January, CPI rose to the highest level since 1982; it should be obvious that cash sitting in a savings account is losing value fast. Some of the best stocks to own during inflationary periods would be firms that can increase their prices organically, like commodity companies (e.g., oils, grains, and metals) or healthcare; additionally, they should possess strong profit margins. If you'd like to stay out of the markets, TIPS (Treasury Inflation-Protected Securities), short-term bonds, and real estate are all very good places to put your money.

The most important thing for you to do: get your money out working for you. Whether it is taking a position in a gold EFT, physical gold, dividend paying stocks, or commodities and real estate – get it out there creating value. Again, if you have specific concerns regarding what is in your investment portfolio, this is what Omega Strategies is here to do. Join today and you will get instant access to independent equity analysts who will do all this due diligence for you.