

Three Reasons to Own International Stocks



"Travel is fatal to prejudice, bigotry, and narrow-mindedness," wrote Mark Twain in *Innocents Abroad*, "and many of our people need it sorely on these accounts."¹

You've probably met people who have rigidly held views on various nationalities or regions outside our country. They've never visited these places, but they can tell you for a fact everything that's wrong with them. It's almost impossible to convince them that they might actually like the people and food in those places, if they took a trip to experience them firsthand.

The point of travel isn't to constantly judge foreign locales against the amenities of home, but to simply appreciate their uniqueness.

A similar kind of bias keeps many investors from sending a portion of their investment portfolios to foreign markets. In recent years, U.S. stocks as a whole have produced better returns than international markets. Aptly named "Recency Bias" by behavioral scientists, this mindset causes many investors to conclude they're better off keeping all their investment capital here.

Just as international travel is an opportunity to experience things that are different from home, investing in international stocks can offer some strategic benefits beyond what's available in our domestic market.

Wider Diversification

The more diverse your portfolio the better. Wharton Business School professor Karen Lewis found that a well-diversified global stock portfolio can potentially cut your risk by a few percentage points a year, or improve returns by around half a percentage a year when compared to holding just U.S. stocks for the same period.²

Cheaper Valuations

While the U.S. market is booming now, it's good to remember the periods in the past when international stocks have done much better by comparison. Currently, some foreign stock valuations are at a 20-year low when compared to the U.S. This makes them a relative bargain and a potential counterbalance if the US market movement shifts back toward its valuation averages.³

Inflation Protection

The goal of nearly every investor is to protect their capital while earning inflation-beating returns. In research published in *The Journal of Portfolio Management*, Maximilian Rödel found that international equities tend to hedge against inflation changes more effectively than do domestic equities.⁴

The potential benefits of international allocation are available to the prudent investor who understands the importance of broad, global diversification. While it's impossible to predict how markets will move, it is possible to better prepare for whatever might happen by staying committed to greater diversification in your investment strategy.

We work to ensure that your portfolio is taking full advantage of the potential benefits of international exposure.

Have a great weekend!

Source: Efficient Advisors

Golf Tip of the Week



See the Hole (Literally)

You can read tips about improving your putting, driving the ball, and working on your pitch shot all day, but all those tips aren't going to do you any good if you can't actually see the hole. It might seem obvious, but if you really want to improve your game, you should get your eyes checked at least once a year.

Regular eye exams are recommended for everyone, but for golfers, they're especially important. Did you know that your vision could change the way you see the course by up to 25%? That means that if the hole is 12.5 feet away, you might think it's 10 feet away. In a game that comes down to inches on the green, this error can drastically change your performance.

Not sure whether you should go in for an exam? There are a lot of free eye tests and practices you can do in the comfort of your own home. These tests will give you a better idea of whether your eyesight is impacting your game.

Tip adapted from Golf Influence¹

Recipe of the Week

Chipotle-Maple Chicken Thighs



Serves 6-8

Ingredients:

- 1 Tbsp. paprika
- 2 Tbsp. brown sugar
- 1½ tsp. salt
- 2 tsp. dry mustard
- 2 tsp. garlic powder
- ½ tsp. chili powder
- ½ tsp. black pepper, freshly ground
- 2½ lbs. skinless, boneless chicken thighs
- ½ cup ketchup
- ¼ cup pure maple syrup

- 2 Tbsp. molasses
- 1 Tbsp. chipotle chile peppers, finely chopped
- 2 tsp. Worcestershire sauce
- 3 Tbsp. lime juice, freshly squeezed
- Lime wedges (optional)

Directions:

Whip out the grill for this delicious, sweet-and-spicy chicken recipe! These chicken thighs are the perfect meal for a summer afternoon because the rich texture of the thighs blends nicely with the sweet, smooth maple and the kick of chipotle. Plus, it's only 3 steps!

1. To make the seasoning, mix together the paprika, brown sugar, salt, half the dry mustard, half the garlic powder, chili powder, and black pepper. Sprinkle the seasoning generously on both sides of the chicken thighs, then chill them in the fridge for 30 minutes.
2. While the chicken thighs are chilling, combine the ketchup, maple syrup, molasses, chipotle peppers, Worcestershire sauce, and the remaining dry mustard and garlic powder together in a saucepan and bring it to a boil. Reduce to low heat and simmer for 15 minutes, stirring occasionally.
3. Fire up the grill to medium-high heat, add the chicken, and cook for 4 minutes. Flip and cook for four more on the other side. Add your freshly squeezed lime juice into the sauce above and brush the thighs with your sauce and cook each side for one minute (or until done, with an internal temperature of 170° F). Let the chicken thighs rest for 5 minutes and serve with a lime garnish.

Recipe adapted from Midwest Livingⁱⁱ

Health Tip of the Week



What are Alkaline Foods, and How Can They Benefit You?

We're going to take it back to high-school chemistry class for this week's health tip. Eating healthy foods and exercising are two of the main components of a healthy lifestyle, but maintaining a healthy pH level should be one, too. All foods are classified as acidic or alkaline, and knowing which ones are which can help you lose weight, reduce inflammation, and have more energy. Our kidneys are responsible for controlling our body's pH levels, and focusing on an alkaline diet may help them do their job more efficiently.

Alkaline foods include legumes, vegetables, fruits, nuts, and natural fats. An alkaline-based diet focuses more on these foods and less on processed foods, dairy, grains, and alcohol, all of which are considered acidic.

While there's still some big questions over whether the alkaline diet is all it's cracked up to be, you may enjoy more health benefits because the diet is rooted in eating more whole, unprocessed foods.

Tip adapted from Healthlineⁱⁱⁱ

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ⁱ <https://www.golfinfluence.com/skill/17-best-golf-tips>

ⁱⁱ <http://www.midwestliving.com/recipe/chipotle-maple-chicken-thighs/>

ⁱⁱⁱ <https://www.healthline.com/nutrition/the-alkaline-diet-myth#ph>