

# Controlling a Self-Directed IRA in an Inflationary Economy

*What do investors need to know about managing Self-Directed IRAs when inflation is rampant? A recent post at American IRA addressed this issue.*

ASHEVILLE, NC, US, December 7, 2023  
/EINPresswire.com/ -- Inflation can

strike fear in the hearts of even

seasoned investors. That's why so

many look for inflation hedges even during the good times. According to American IRA, in which many posts talk about the need to hedge against inflation, a Self-Directed IRA can be a powerful tool for combating the effects of an inflationary economy. But how does controlling a Self-Directed IRA lend itself to hedging against inflation, and what do investors need to know? American IRA's recent [post](#) has a few answers.



**AMERICAN IRA**  
Self-Directed IRAs and 401Ks

[www.AmericanIRA.com](http://www.AmericanIRA.com)

American IRA opened the post by explaining what inflation is, stating that it refers to the increase in prices of goods and services over time. If an investor were to hold cash under a mattress, for example, this diminished purchasing power would mean that each dollar would be worth less at a later time. Obviously, this has far-reaching implications for investors who want to hedge against inflation, which is why American IRA explored the concept further in its post.

Among the strategies discussed in the post is the concept of a Self-Directed IRA—a flexible retirement account that allows individuals to take control of their investments. Unlike traditional IRAs, Self-Directed IRAs empower investors to make a diverse array of investment choices beyond the always-conventional stocks and bonds. This flexibility is pivotal in constructing an inflation-resistant portfolio.

American IRA emphasizes that one of the key strengths of a Self-Directed IRA is its versatility. Investors can use these accounts to invest in assets traditionally considered as hedges against inflation. These assets include real estate, precious metals, commodities, and even private equity. By diversifying their portfolios with inflation-resistant assets, investors can potentially mitigate the erosive effects of rising prices on their retirement savings. Spreading out risk is one of the key factors that helps investors feel peace of mind even when inflation is rampant.

For more [information](#) about Self-Directed IRAs and retirement investing, interested investors can find the post at [www.AmericanIRA.com](http://www.AmericanIRA.com). Interested parties may reach out directly to American IRA by dialing the Self-Directed IRA administration firm's number at 866-7500-IRA.

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