## Pion-mass dispersion relations in the baryon sector

#### Vladimir Pascalutsa

#### Kernphysik Institute, University of Mainz, Germany



7th Chiral Dynamics Workshop @ Jefferson Lab, 6-10 Aug 2012

Thursday, August 9, 12



#### Motivation

pion-mass dependence (chiral behavior), e.g. nucleon mass.

#### Motivation

pion-mass dependence (chiral behavior), e.g. nucleon mass. Heavy-baryon vs Baryon ChiPT

#### Motivation

pion-mass dependence (chiral behavior), e.g. nucleon mass. Heavy-baryon vs Baryon ChiPT

#### The complex pion-mass-squared plane

#### Motivation

pion-mass dependence (chiral behavior), e.g. nucleon mass. Heavy-baryon vs Baryon ChiPT

## The complex pion-mass-squared plane dispersion relations and examples

#### Motivation

pion-mass dependence (chiral behavior), e.g. nucleon mass. Heavy-baryon vs Baryon ChiPT

#### The complex pion-mass-squared plane

dispersion relations and examples V.P. in CD09 proc.;

#### Motivation

pion-mass dependence (chiral behavior), e.g. nucleon mass. Heavy-baryon vs Baryon ChiPT

#### The complex pion-mass-squared plane

dispersion relations and examples
V.P. in CD09 proc.;
T.Ledwig, V.P. & M.Vanderhaeghen, PLB (2010)

#### Motivation

pion-mass dependence (chiral behavior), e.g. nucleon mass. Heavy-baryon vs Baryon ChiPT

#### The complex pion-mass-squared plane

dispersion relations and examples
V.P. in CD09 proc.;
T.Ledwig, V.P. & M.Vanderhaeghen, PLB (2010)

#### Insights into convergence of the chiral expansion

#### Motivation

pion-mass dependence (chiral behavior), e.g. nucleon mass. Heavy-baryon vs Baryon ChiPT

### The complex pion-mass-squared plane

dispersion relations and examples
V.P. in CD09 proc.;
T.Ledwig, V.P. & M.Vanderhaeghen, PLB (2010)

 Insights into convergence of the chiral expansion quantities which expansion begins with inverse powers of pion mass converge badly (unnaturally) in HB-ChPT;

#### Motivation

pion-mass dependence (chiral behavior), e.g. nucleon mass. Heavy-baryon vs Baryon ChiPT

#### The complex pion-mass-squared plane

dispersion relations and examples
V.P. in CD09 proc.;
T.Ledwig, V.P. & M.Vanderhaeghen, PLB (2010)

Insights into convergence of the chiral expansion quantities which expansion begins with inverse powers of pion mass converge badly (unnaturally) in HB-ChPT; e.g. polarizabilities, NN effective range parameters.

#### Motivation

pion-mass dependence (chiral behavior), e.g. nucleon mass. Heavy-baryon vs Baryon ChiPT

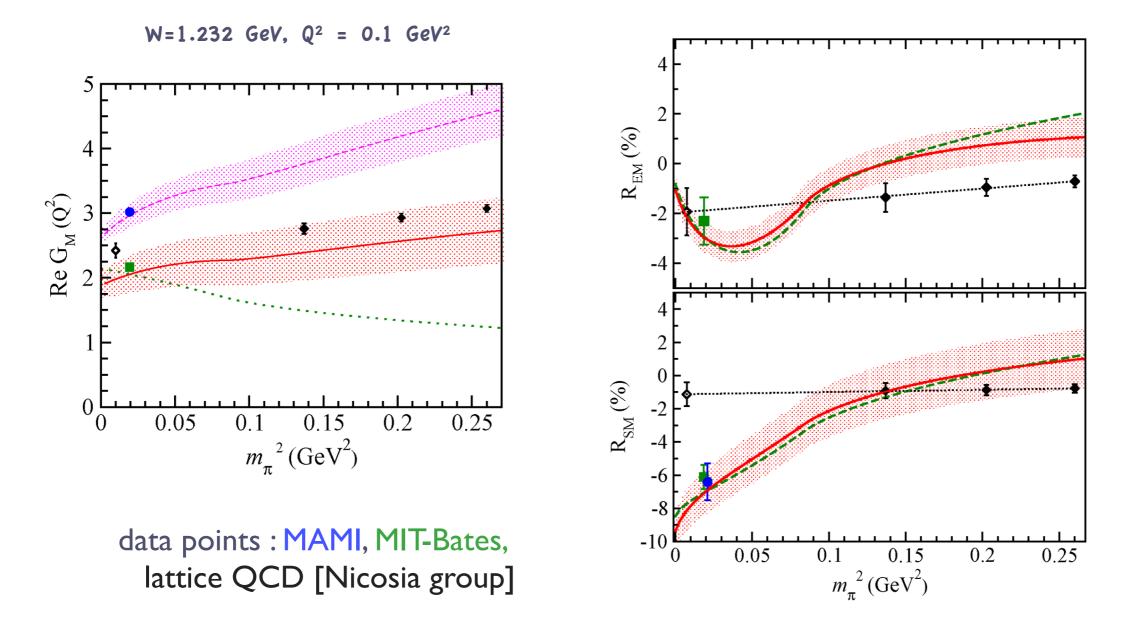
#### The complex pion-mass-squared plane

dispersion relations and examples
V.P. in CD09 proc.;
T.Ledwig, V.P. & M.Vanderhaeghen, PLB (2010)

Insights into convergence of the chiral expansion quantities which expansion begins with inverse powers of pion mass converge badly (unnaturally) in HB-ChPT; e.g. polarizabilities, NN effective range parameters. J.Hall & V.P. (2012) arXiv:1203.0724

#### $\gamma N \Delta$ form factors: chiral behavior at low Q





[V.P. & Vanderhaeghen, PRL 95 (2005); PRD 73 (2006)]

### **Example - Nucleon Mass**

[Gasser, Sainio & Svarc, NPB (1988); ...]

$$\mathcal{L} = \sum_{k} \mathcal{L}^{(k)}, \qquad k = \# \text{ of pion derivatives and masses}$$

$$\mathcal{L}_{\pi N}^{(1)} = \bar{N}(i\mathcal{P} - \mathring{M}_{N} + \mathring{g}_{A} a_{\mu}\gamma^{\mu}\gamma_{5})N$$

$$= \bar{N}(i\partial - \mathring{M}_{N} + \frac{\mathring{g}_{A}}{2f_{\pi}} (\partial_{\mu}\pi)\gamma^{\mu}\gamma_{5})N + O(\pi^{2})$$

$$\mathcal{L}_{\pi N}^{(2)} = 4 \mathring{c}_{1N} m_{\pi}^{2} \bar{N} N + \dots$$

$$\text{LECs}$$

$$M_{N} = \mathring{M}_{N} - 4 \mathring{c}_{1N} m_{\pi}^{2} - \underbrace{4 \overset{\circ}{k} = 1, V_{k} = 2, L = 1, N_{\pi} = 1, N_{N} = 1}_{M_{N}} + \dots$$

 $O(p^3)$ 

Power-counting: 
$$p^n$$
  
 $n = \sum_k kV_k + 4L - 2N_\pi - N_N$   
 $V_k \quad \# \text{ of vertices from } \mathcal{L}^{(k)}$   
 $L \quad \# \text{ of Loops}$   
 $N_\pi \quad \# \text{ of internal pions}$   
 $N_N \quad \# \text{ of internal nucleons}$ 

### **Example - Nucleon Mass**

[Gasser, Sainio & Svarc, NPB (1988); ...]

$$\mathcal{L} = \sum_{k} \mathcal{L}^{(k)}, \quad k = \# \text{ of pion derivatives and masses}$$

$$\mathcal{L}_{\pi N}^{(1)} = \bar{N}(i\mathcal{P} - \mathring{M}_{N} + \mathring{g}_{A} a_{\mu}\gamma^{\mu}\gamma_{5})N$$

$$= \bar{N}(i\mathcal{P} - \mathring{M}_{N} + \frac{\mathring{g}_{A}}{2f_{\pi}} (\partial_{\mu}\pi)\gamma^{\mu}\gamma_{5})N + O(\pi^{2})$$

$$\mathcal{L}_{\pi N}^{(2)} = 4 \mathring{c}_{1N} m_{\pi}^{2} \bar{N} N + \dots$$

$$K_{\pi N} = 4 \mathring{c}_{1N} m_{\pi}^{2} \bar{N} N + \dots$$

$$K_{\pi N} = 4 \mathring{c}_{1N} m_{\pi}^{2} \bar{N} N + \dots$$

$$K_{\pi N} = 4 \mathring{c}_{1N} m_{\pi}^{2} \bar{N} N + \dots$$

$$K_{\pi N} = 4 \mathring{c}_{1N} m_{\pi}^{2} \bar{N} N + \dots$$

$$K_{\pi N} = 4 \mathring{c}_{1N} m_{\pi}^{2} \bar{N} N + \dots$$

$$K_{\pi N} = 4 \mathring{c}_{1N} m_{\pi}^{2} \bar{N} N + \dots$$

$$K_{\pi N} = 4 \mathring{c}_{1N} m_{\pi}^{2} \bar{N} N + \dots$$

$$K_{\pi N} = 4 \mathring{c}_{1N} m_{\pi}^{2} - 4 \mathring{c}_{1N} m_{\pi}^{2} - 4 \mathring{c}_{1N} m_{\pi}^{2} - 4 \mathring{c}_{1N} m_{\pi}^{2} + 4 \mathring$$

where  $L = \frac{1}{\epsilon} + ...$  contains the UV-divergence, removed by MS-bar: L = 0remaining  $m_{\pi}^2$  "complicates life a lot" [GSS88]. Violation of power counting?! 1988: Violation of power counting?!.. [Gasser et al]1991: Heavy-Baryon ChPT [Jenkins & Manohar]1999: Infrared-Regularization [Becher & Leutwyler]

$$\overset{\circ}{M}_{N} = M_{N} \big|_{m_{\pi}^{2} = 0}$$

$$- \overset{\circ}{c}_{1N} = \frac{1}{4} \frac{dM_{N}}{dm_{\pi}^{2}} \big|_{m_{\pi}^{2} = 0} = \lim_{m_{\pi} \to 0} \frac{1}{4m_{\pi}^{2}} \sigma_{\pi N}$$

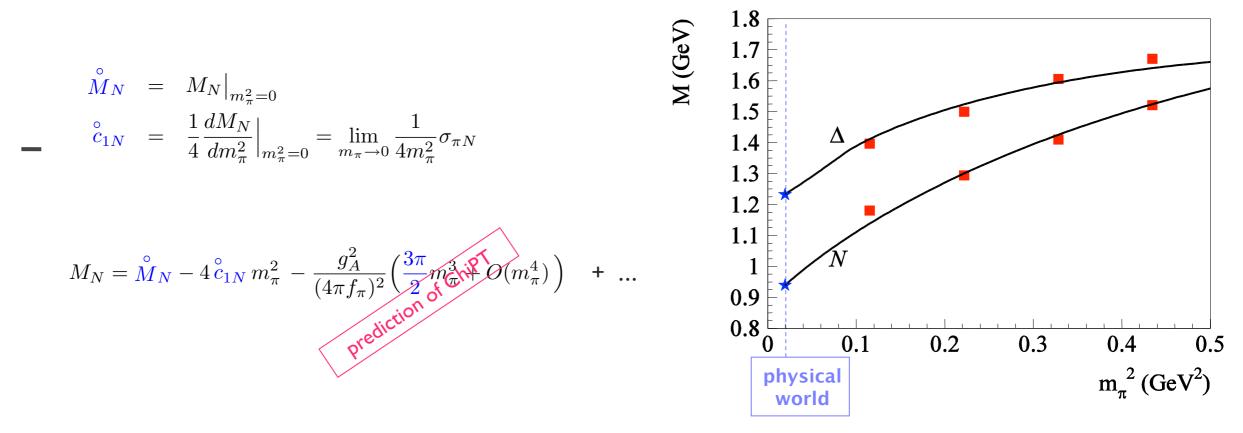
$$M_N = \mathring{M}_N - 4 \mathring{c}_{1N} m_\pi^2 - \frac{g_A^2}{(4\pi f_\pi)^2} \left(\frac{3\pi}{2} m_\pi^3 + O(m_\pi^4)\right) + \dots$$

$$\overset{\circ}{M}_{N} = M_{N} \big|_{m_{\pi}^{2}=0}$$

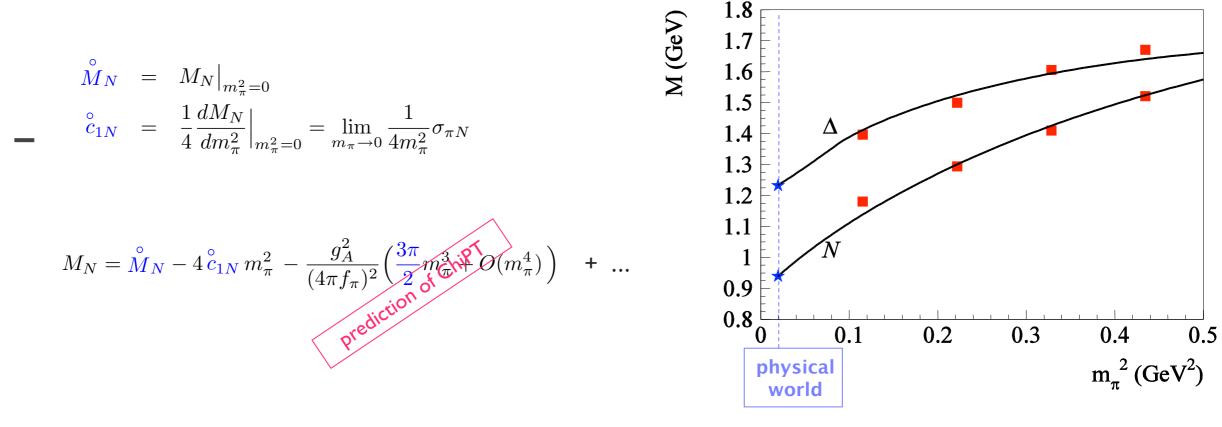
$$- \overset{\circ}{c}_{1N} = \frac{1}{4} \frac{dM_{N}}{dm_{\pi}^{2}} \big|_{m_{\pi}^{2}=0} = \lim_{m_{\pi}\to 0} \frac{1}{4m_{\pi}^{2}} \sigma_{\pi N}$$

$$M_{N} = \overset{\circ}{M}_{N} - 4 \overset{\circ}{c}_{1N} m_{\pi}^{2} - \frac{g_{A}^{2}}{(4\pi f_{\pi})^{2}} \left(\frac{3\pi}{2} m_{\pi}^{3} \oplus \overset{\circ}{D}(m_{\pi}^{4})\right) + \dots$$

$$Prediction = M_{N} + M_{N} + M_{N} + \dots$$



[V.P. & Vanderhaeghen, PLB (2006)]



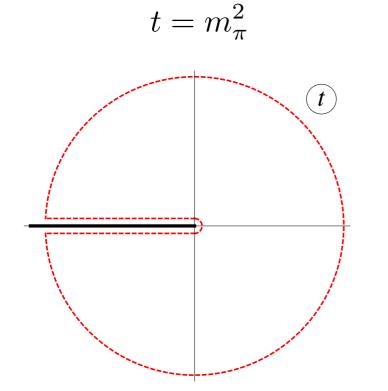
[V.P. & Vanderhaeghen, PLB (2006)]

Presently nucleon mass is computed up to p^6 in HB-ChPT [Birse & McGovern (2006), Schindler et al (2007)], and to p^4 in BChPT.

## Analyticity in pion-mass squared

[Ledwig, V.P. & Vanderhaeghen, PLB (2010)]





$$f(m_{\pi}^{2}) = -\frac{1}{\pi} \int_{-\infty}^{0} \mathrm{d}t \, \frac{\mathrm{Im} \, f(t)}{t - m_{\pi}^{2} + i0^{+}}$$

## Analyticity in pion-mass squared

[Ledwig, V.P. & Vanderhaeghen, PLB (2010)]



 $t = m_{\pi}^2$ 

$$f(m_{\pi}^2) = -\frac{1}{\pi} \int_{-\infty}^{0} dt \, \frac{\operatorname{Im} f(t)}{t - m_{\pi}^2 + i0^+}$$

holds order by order in the chiral expansion, with # of subtractions = # of LECs

## Analyticity in pion-mass squared

[Ledwig, V.P. & Vanderhaeghen, PLB (2010)]

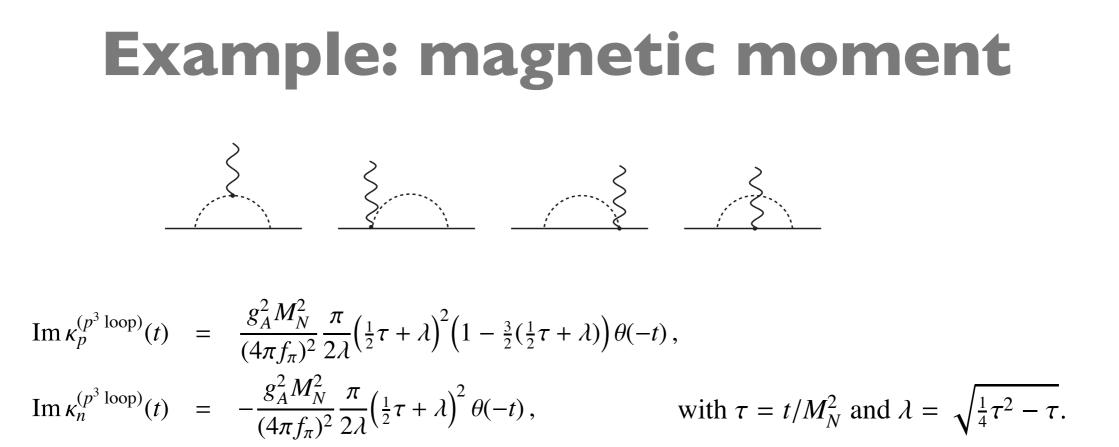


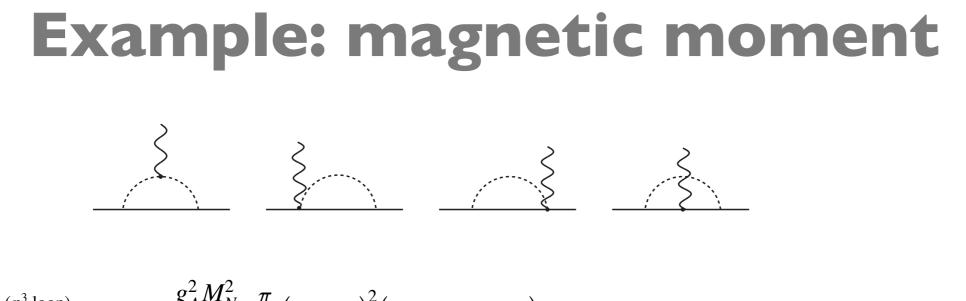
 $t = m_{\pi}^2$ 

$$f(m_{\pi}^2) = -\frac{1}{\pi} \int_{-\infty}^{0} dt \, \frac{\operatorname{Im} f(t)}{t - m_{\pi}^2 + i0^+}$$

holds order by order in the chiral expansion, with # of subtractions = # of LECs

Verified for nucleon mass, a.m.m., polarizabilities at order p^3.

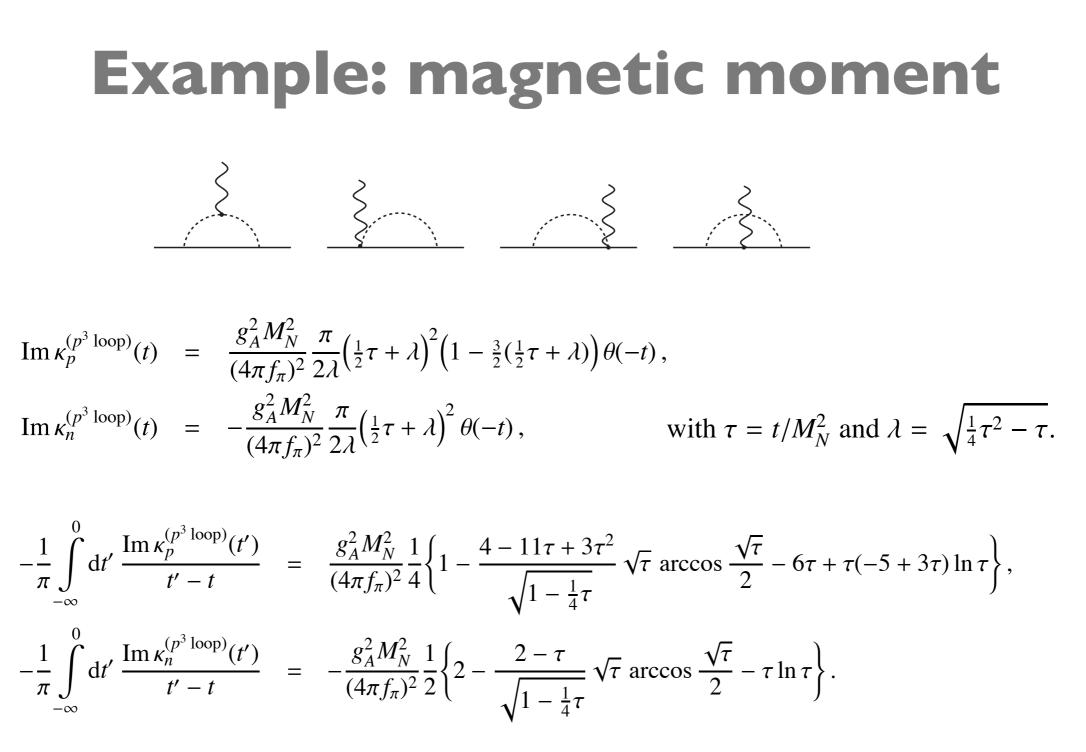




$$\operatorname{Im} \kappa_{p}^{(p^{3} \operatorname{loop})}(t) = \frac{g_{A}^{2} M_{N}^{2}}{(4\pi f_{\pi})^{2}} \frac{\pi}{2\lambda} \left(\frac{1}{2}\tau + \lambda\right)^{2} \left(1 - \frac{3}{2}(\frac{1}{2}\tau + \lambda)\right) \theta(-t),$$
  

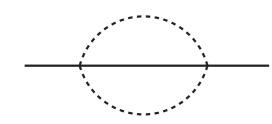
$$\operatorname{Im} \kappa_{n}^{(p^{3} \operatorname{loop})}(t) = -\frac{g_{A}^{2} M_{N}^{2}}{(4\pi f_{\pi})^{2}} \frac{\pi}{2\lambda} \left(\frac{1}{2}\tau + \lambda\right)^{2} \theta(-t), \qquad \text{with } \tau = t/M_{N}^{2} \text{ and } \lambda = \sqrt{\frac{1}{4}\tau^{2} - \tau}.$$

$$\begin{aligned} &-\frac{1}{\pi} \int_{-\infty}^{0} \mathrm{d}t' \; \frac{\mathrm{Im} \, \kappa_p^{(p^3 \, \mathrm{loop})}(t')}{t' - t} \;\; = \;\; \frac{g_A^2 M_N^2}{(4\pi f_\pi)^2} \frac{1}{4} \bigg\{ 1 - \frac{4 - 11\tau + 3\tau^2}{\sqrt{1 - \frac{1}{4}\tau}} \; \sqrt{\tau} \; \arccos \frac{\sqrt{\tau}}{2} - 6\tau + \tau(-5 + 3\tau) \ln \tau \bigg\} \,, \\ &-\frac{1}{\pi} \int_{-\infty}^{0} \mathrm{d}t' \; \frac{\mathrm{Im} \, \kappa_n^{(p^3 \, \mathrm{loop})}(t')}{t' - t} \;\; = \;\; -\frac{g_A^2 M_N^2}{(4\pi f_\pi)^2} \frac{1}{2} \bigg\{ 2 - \frac{2 - \tau}{\sqrt{1 - \frac{1}{4}\tau}} \; \sqrt{\tau} \; \arccos \frac{\sqrt{\tau}}{2} - \tau \ln \tau \bigg\} \,. \end{aligned}$$



direct calculation of the loops results in the same r.h.s! c.f.: Holstein, V.P. & Vanderhaeghen, PLB (2004), PRD (2005); Bethe & de Hoffman, *Mesons and Fields*, Vol. 2 (MIT Press, 1970)

## Example: two-loop selfenergy (sunset diagram)



$$J_{\text{sunset}}(m^2, M^2) = \pi^{-d} \int d^d k_1 \int d^d k_2 \frac{1}{(k_1^2 - m^2)(k_2^2 - m^2)[(p - k_1 - k_2)^2 - M^2]}$$

**defining the dimensionless:**  $\tilde{J}(t) = \frac{M^{2(2\varepsilon-1)}}{\Gamma^2(1+\varepsilon)} J_{\text{sunset}}(m^2, M^2), \quad t = m^2/M^2$ 

and # of dimensions:  $d = 4 - 2\varepsilon$ ,

$$t(t-1)\frac{\mathrm{d}^{2}\tilde{J}(t)}{\mathrm{d}t^{2}} + \left[\frac{1}{2} - 2\varepsilon + \left(-\frac{3}{2} + 4\varepsilon\right)t\right]\frac{\mathrm{d}\tilde{J}(t)}{\mathrm{d}t} + \frac{1}{2}(1-2\varepsilon)(2-3\varepsilon)\tilde{J}(t) = \frac{1}{2\varepsilon^{2}}\left(t^{1-2\varepsilon} - 2t^{-\varepsilon}\right).$$

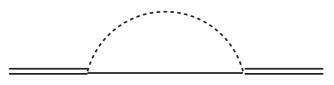
Since for real *t* the equation is linear with real coefficients we deduce that the solution develops an imaginary part when the inhomogeneous term (the r.h.s.) develops an imaginary part, i.e., for t < 0.

The solution for the imaginary part is of the form

$$\operatorname{Im} \tilde{J}(t) = \theta(-t) \pi \Big[ -\frac{2t}{\varepsilon} + t \Big( -7 + (2+t) \ln(-t) \Big) - (1-t)^2 \ln(1-t) + O(\varepsilon) \Big],$$

which agrees with F. A. Berends, A. I. Davydychev and N. I. Ussyukina, Phys. Lett. B 426, 95 (1998).

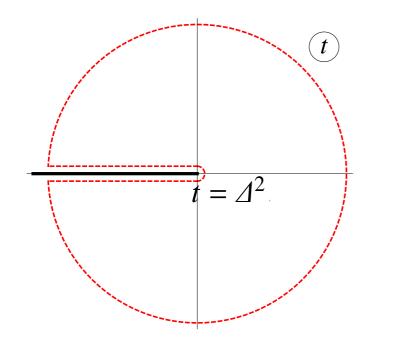
Example: Delta(1232) mass and width



$$\operatorname{Im} \Sigma_{\Delta}^{(\pi N \operatorname{loop})}(t) = \pi \frac{M_{\Delta}}{2} \left( \frac{h_A M_{\Delta}}{8\pi f_{\pi}} \right)^2 \times \begin{cases} \frac{1}{3} (\alpha + r) \left[ -2\lambda^3 + (1-\alpha)(\tau - 2\lambda^2) \right] + \frac{1}{4}\tau^2, & t < 0 \\ -\frac{4}{3}(\alpha + r)\lambda^3, & 0 \le t \le \Delta^2 \\ 0, & t > \Delta^2. \end{cases}$$

 $\Delta = M_{\Delta} - M_N$ , the Delta-nucleon mass difference.

$$r = M_N/M_{\Delta}, \tau = t/M_{\Delta}^2, \alpha = \frac{1}{2}(1 + r^2 - \tau), \text{ and } \lambda^2 = \alpha^2 - r^2.$$



$$\operatorname{Re} \Sigma_{\Delta}^{(\pi N \operatorname{loop})}(m_{\pi}^{2}) = -\frac{1}{\pi} \int_{-\infty}^{\Delta^{2}} \mathrm{d}t' \, \frac{\operatorname{Im} \Sigma_{\Delta}^{(\pi N \operatorname{loop})}(t')}{t' - m_{\pi}^{2}} \left(\frac{m_{\pi}^{2}}{t'}\right)^{2}$$

Chiral corrections to Delta's mass and width are defined unambiguously this way, independent of field redefinitions, etc.

## Insights to the (bad) convergence of the HB expansion

Becher & Leutwyler (1999)

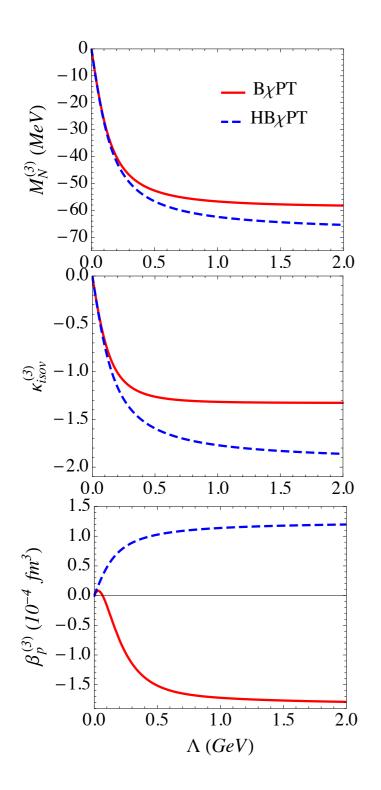
["Infrared Regularization" violates analyticity, cf. Becher & Leutwyler (1999).]

J.Hall & V.P. (2012) arXiv:1203.0724

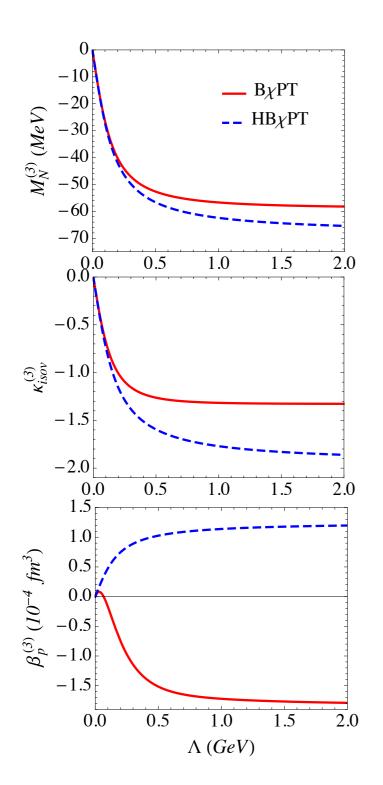
$$f(m_{\pi}^2; \Lambda^2) = -\frac{1}{\pi} \int_{-\Lambda^2}^{0} \mathrm{d}t \, \frac{\mathrm{Im} \, f(t)}{t - m_{\pi}^2} \left(\frac{m_{\pi}^2}{t}\right)^n$$

where  $\Lambda$  interpreted as momentum cutoff

## Cutoff dependence in HB- and B-ChPT

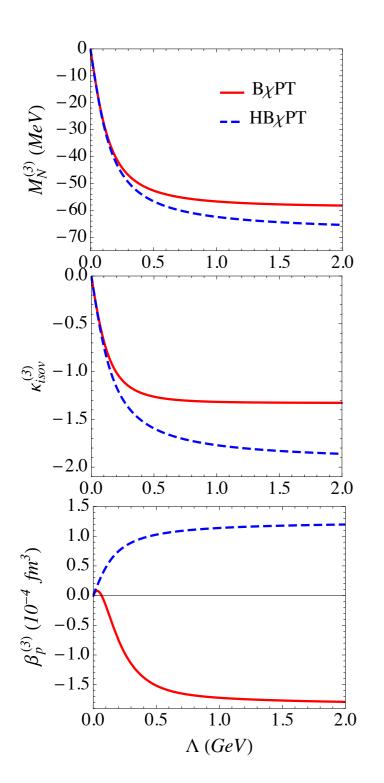


## Cutoff dependence in HB- and B-ChPT



$$M_N \sim m_\pi^3$$
$$\kappa \sim m_\pi$$
$$\beta_M \sim \frac{1}{m_\pi}$$

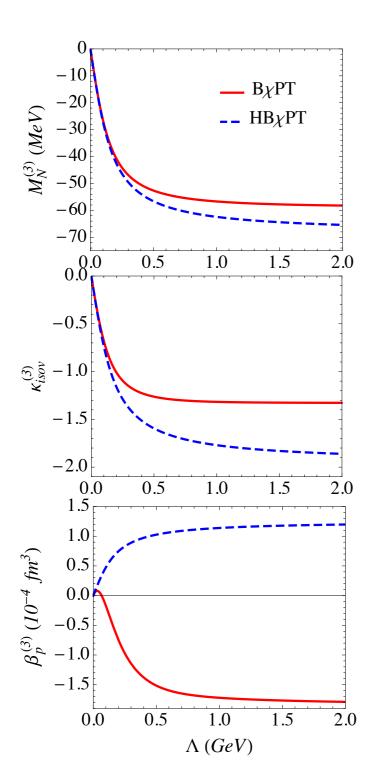
# Cutoff dependence in HB- and B-ChPT



$$M_N \sim m_\pi^3$$
$$\kappa \sim m_\pi$$
$$\beta_M \sim \frac{1}{m_\pi}$$

Heavy-Baryon expansion fails for quantities where

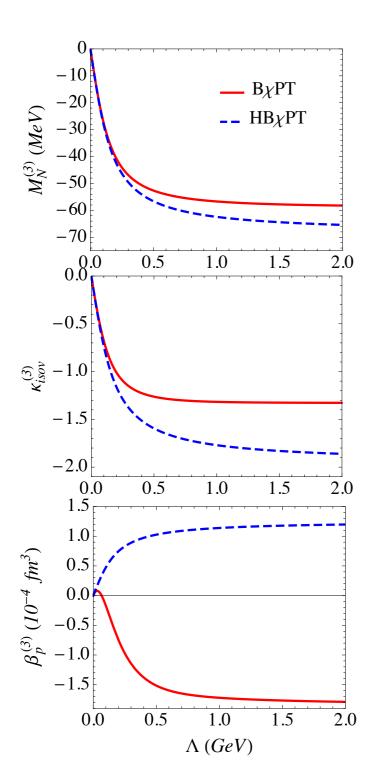
# Cutoff dependence in HB- and B-ChPT



$$M_N \sim m_\pi^3$$
$$\kappa \sim m_\pi$$
$$\beta_M \sim \frac{1}{m_\pi}$$

Heavy-Baryon expansion fails for quantities where the leading chiral-loop effects scales with a negative

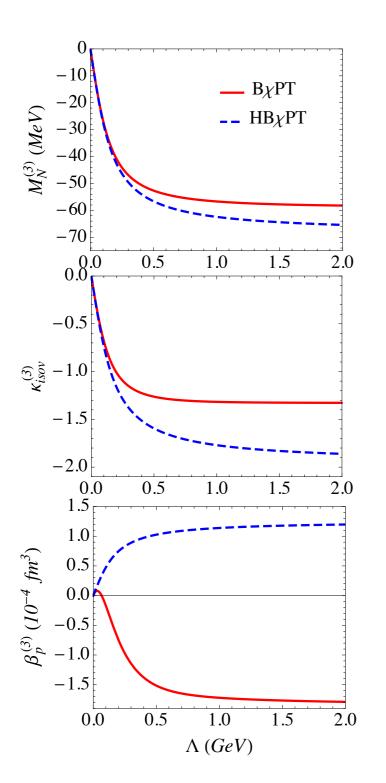
# Cutoff dependence in HB- and B-ChPT



$$M_N \sim m_\pi^3$$
$$\kappa \sim m_\pi$$
$$\beta_M \sim \frac{1}{m_\pi}$$

Heavy-Baryon expansion fails for quantities where the leading chiral-loop effects scales with a negative power of pion mass

# Cutoff dependence in HB- and B-ChPT

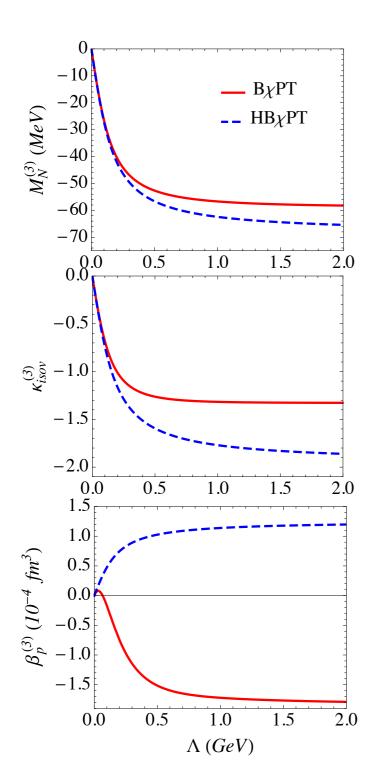


$$M_N \sim m_\pi^3$$
$$\kappa \sim m_\pi$$
$$\beta_M \sim \frac{1}{m_\pi}$$

Heavy-Baryon expansion fails for quantities where the leading chiral-loop effects scales with a negative power of pion mass

E.g.: the effective range parameters of the NN force

# Cutoff dependence in HB- and B-ChPT

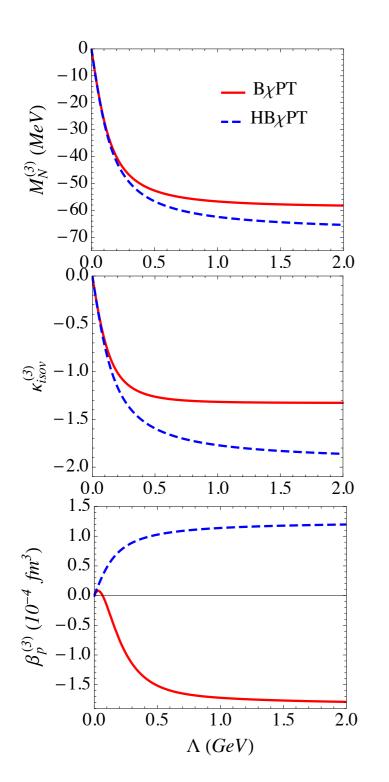


$$M_N \sim m_\pi^3$$
$$\kappa \sim m_\pi$$
$$\beta_M \sim \frac{1}{m_\pi}$$

Heavy-Baryon expansion fails for quantities where the leading chiral-loop effects scales with a negative power of pion mass

E.g.: the effective range parameters of the NN force are such quantities -- hope for "perturbative pions" (KSW)

# Cutoff dependence in HB- and B-ChPT



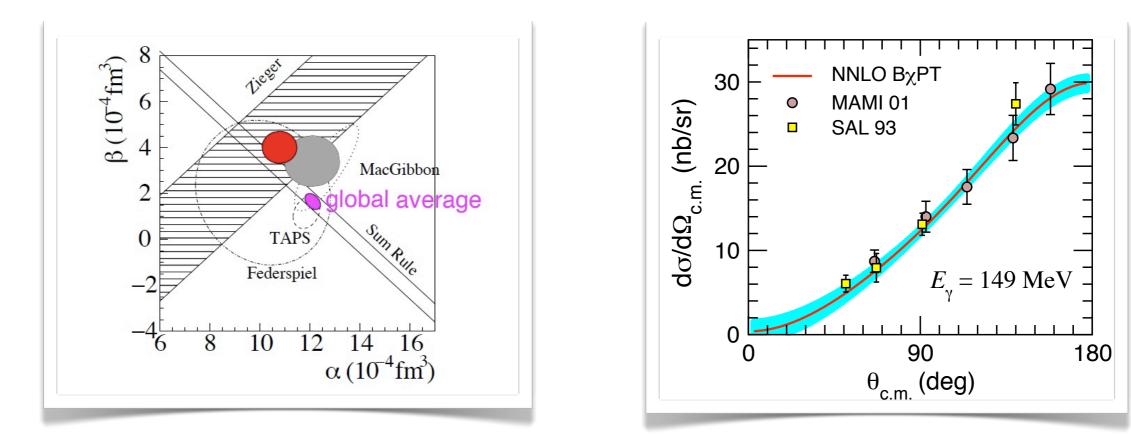
$$M_N \sim m_\pi^3$$
$$\kappa \sim m_\pi$$
$$\beta_M \sim \frac{1}{m_\pi}$$

Heavy-Baryon expansion fails for quantities where the leading chiral-loop effects scales with a negative power of pion mass

E.g.: the effective range parameters of the NN force are such quantities -- hope for "perturbative pions" (KSW) in BChPT

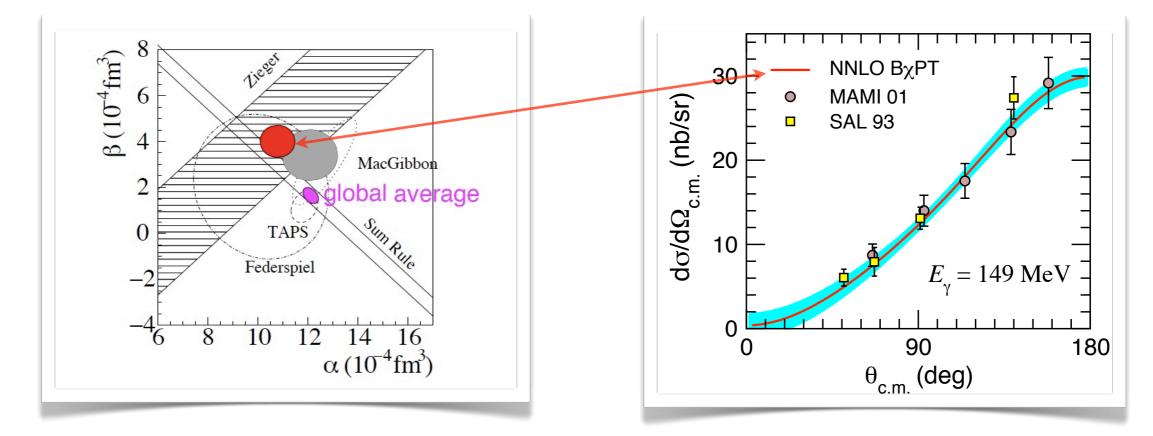
	$B\chi PT (HB\chi PT)$			PDG
	$\mathscr{O}(p^3)$	$\mathscr{O}(p^3) + \mathscr{O}(p^4/\varDelta)$	$\mathscr{O}(p^4)$ est.	[45]
$\alpha^{(p)}$	6.8(12.2)	10.8 (20.8)	$\pm 0.7$	$12.0\pm0.6$
$\beta^{(p)}$	-1.8(1.2)	4.0 (14.7)	$\pm 0.7$	$1.9\pm0.5$

TABLE I: Predictions of baryon  $\chi$ PT for electric ( $\alpha$ ) and magnetic ( $\beta$ ) polarizabilities of the proton in units of 10<sup>-4</sup> fm<sup>3</sup>, compared with the Particle Data Group summary of experimental values.



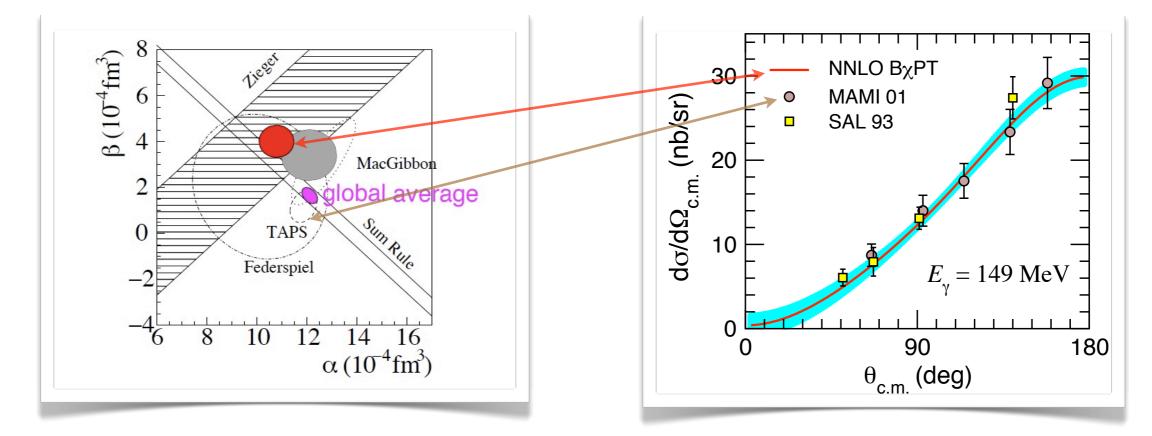
	$B\chi PT (HB\chi PT)$			PDG
	$\mathscr{O}(p^3)$	$\mathscr{O}(p^3) + \mathscr{O}(p^4/\varDelta)$	$\mathcal{O}(p^4)$ est.	[45]
$\alpha^{(p)}$	6.8(12.2)	10.8 (20.8)	$\pm 0.7$	$12.0\pm0.6$
$\beta^{(p)}$	-1.8(1.2)	4.0 (14.7)	$\pm 0.7$	$1.9\pm0.5$

TABLE I: Predictions of baryon  $\chi$ PT for electric ( $\alpha$ ) and magnetic ( $\beta$ ) polarizabilities of the proton in units of 10<sup>-4</sup> fm<sup>3</sup>, compared with the Particle Data Group summary of experimental values.



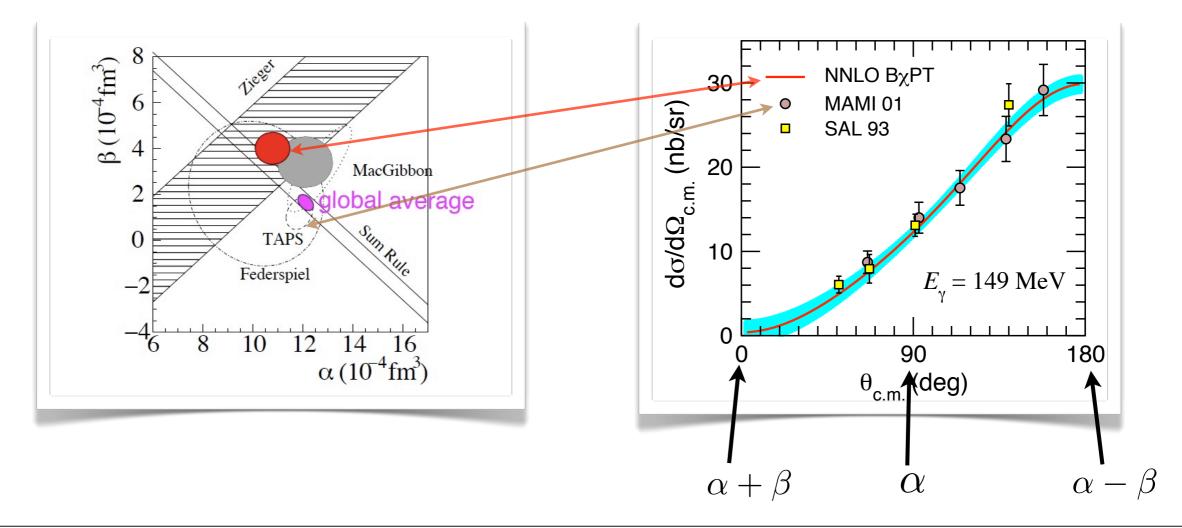
	$B\chi PT (HB\chi PT)$			PDG
	$\mathscr{O}(p^3)$	$\mathscr{O}(p^3) + \mathscr{O}(p^4/\varDelta)$	$\mathcal{O}(p^4)$ est.	[45]
$\alpha^{(p)}$	6.8(12.2)	10.8 (20.8)	$\pm 0.7$	$12.0\pm0.6$
$\beta^{(p)}$	-1.8(1.2)	4.0 (14.7)	$\pm 0.7$	$1.9\pm0.5$

TABLE I: Predictions of baryon  $\chi$ PT for electric ( $\alpha$ ) and magnetic ( $\beta$ ) polarizabilities of the proton in units of 10<sup>-4</sup> fm<sup>3</sup>, compared with the Particle Data Group summary of experimental values.



	$B\chi PT (HB\chi PT)$			PDG
	$\mathscr{O}(p^3)$	$\mathscr{O}(p^3) + \mathscr{O}(p^4/\varDelta)$	$\mathcal{O}(p^4)$ est.	[45]
$\alpha^{(p)}$	6.8(12.2)	10.8 (20.8)	$\pm 0.7$	$12.0\pm0.6$
$\beta^{(p)}$	-1.8(1.2)	4.0 (14.7)	$\pm 0.7$	$1.9\pm0.5$

TABLE I: Predictions of baryon  $\chi$ PT for electric ( $\alpha$ ) and magnetic ( $\beta$ ) polarizabilities of the proton in units of 10<sup>-4</sup> fm<sup>3</sup>, compared with the Particle Data Group summary of experimental values.



$$f(m_{\pi}^2) = -\frac{1}{\pi} \int_{-\infty}^{0} dt \, \frac{\operatorname{Im} f(t)}{t - m_{\pi}^2 + i0^+}$$

pion-mass dependence (chiral behavior) of e.g. nucleon mass obeys a dispersion relation in both Heavy-baryon vs Baryon ChiPT, as the result of analyticity in the complex quark-mass plane

$$f(m_{\pi}^2) = -\frac{1}{\pi} \int_{-\infty}^{0} dt \, \frac{\operatorname{Im} f(t)}{t - m_{\pi}^2 + i0^+}$$

pion-mass dependence (chiral behavior) of e.g. nucleon mass obeys a dispersion relation in both Heavy-baryon vs Baryon ChiPT, as the result of analyticity in the complex quark-mass plane

$$f(m_{\pi}^2) = -\frac{1}{\pi} \int_{-\infty}^{0} dt \, \frac{\operatorname{Im} f(t)}{t - m_{\pi}^2 + i0^+}$$

pion-mass dependence (chiral behavior) of e.g. nucleon mass obeys a dispersion relation in both Heavy-baryon vs Baryon ChiPT, as the result of analyticity in the complex quark-mass plane

$$f(m_{\pi}^2) = -\frac{1}{\pi} \int_{-\infty}^{0} dt \, \frac{\operatorname{Im} f(t)}{t - m_{\pi}^2 + i0^+}$$

technical advantages (calculating the absorptive part is simpler)

pion-mass dependence (chiral behavior) of e.g. nucleon mass obeys a dispersion relation in both Heavy-baryon vs Baryon ChiPT, as the result of analyticity in the complex quark-mass plane

$$f(m_{\pi}^2) = -\frac{1}{\pi} \int_{-\infty}^{0} dt \, \frac{\operatorname{Im} f(t)}{t - m_{\pi}^2 + i0^+}$$

technical advantages (calculating the absorptive part is simpler)

 insights from the FRR: quantities which expansion begins with inverse powers of pion mass converge badly (unnaturally) in HB-ChPT,
 e.g. polarizabilities, NN effective range parameters.