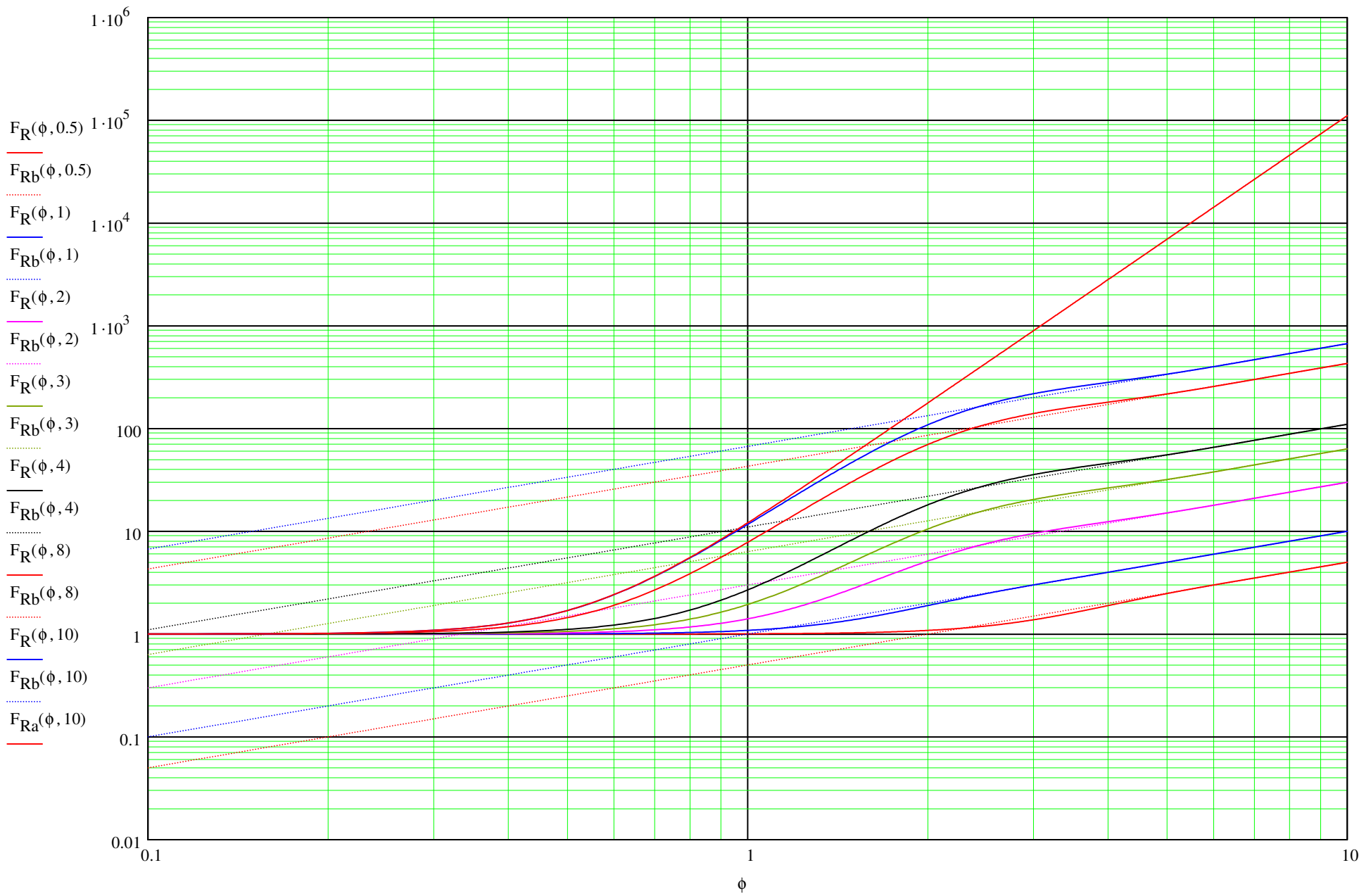


$$F_{Ra}(\phi, p) = 1 + \frac{5 \cdot p^2 - 1}{45} \cdot \phi^4$$

dotted lines = approximation. solid lines = actual values. This approximation is OK for $\phi < 2$



$$F_{Rb}(\phi, p) = \phi \cdot \frac{2 \cdot p^2 + 1}{3}$$

dotted lines = approximation. solid lines = actual values. This approximation is utterly useless - NEVER use it.