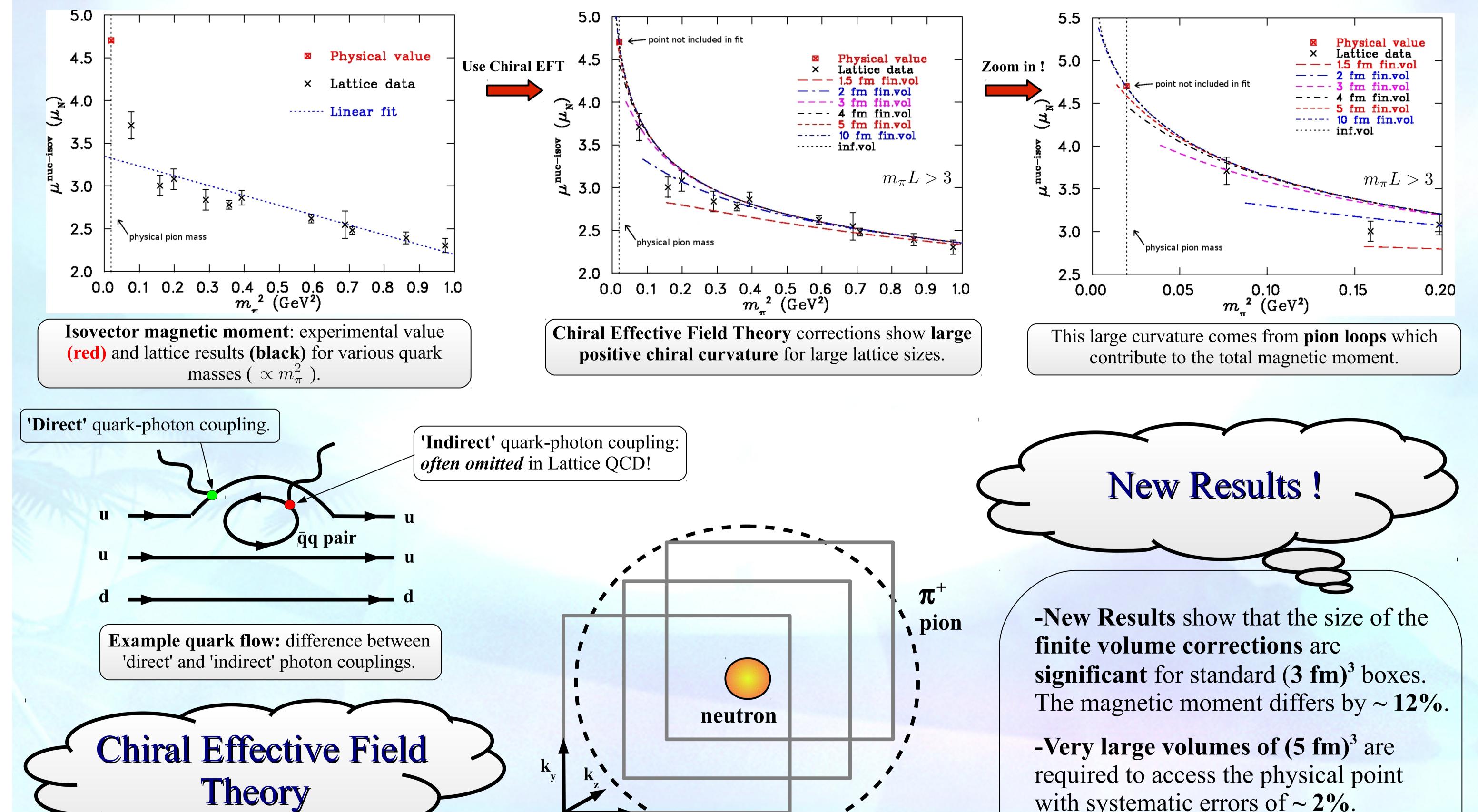


**Example:** dominant Clebsch-Gordan state for the proton.



-Chiral Effective Field Theory (*x*EFT) is a low energy theory complementary to Lattice QCD.

-It can be used to overcome difficulties in Lattice QCD. The main issues are: a) Finite volume effects b) Unrealistically large pion masses

-The isovector (proton minus neutron) avoids the hard-to-calculate indirect couplings.

-Finite Volume Conundrum: a) finite box size will **deform** the long-range tail of the pion cloud.

b) The finite volume discretises the momenta available on the lattice.

with systematic errors of  $\sim 2\%$ .

-We have shown that low energy QCD is not wrong after all! χEFT **resolves** the discrepancy by providing significant curvature at light pion masses.

-Future Directions include: a) Investigating the electric charge radius of the nucleon. b) Investigating χEFT for less understood observables, such as nucleon resonances.

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