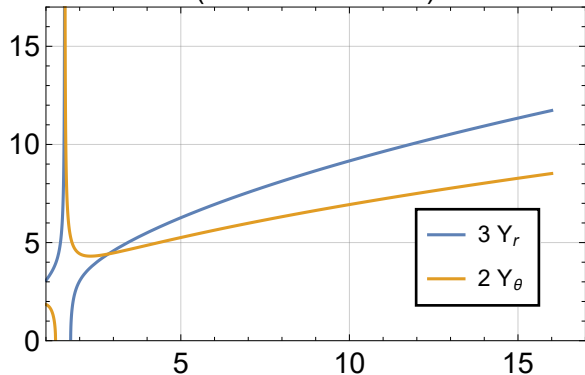


Prograde orbital frequencies
(Radial and Polar)



Retrograde orbital frequencies
(Radial and Polar)

