

$$m_{\text{eff}}=136muc\left[\mathbb{K}\right]=(k+1)c\left[\mathbb{K}+1\right](1+\eta_2)m_{\text{eff}}=236muc\left[\mathbb{K}\right]=(k+1)(k+2)c\left[\mathbb{K}+2\right](1+\eta_3)-36mu-36muc\left[\mathbb{K}\right]$$