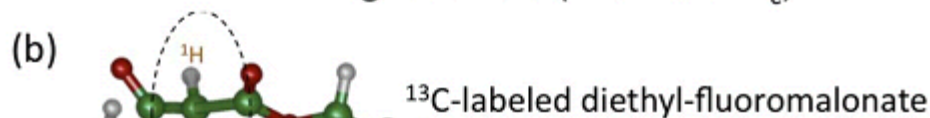
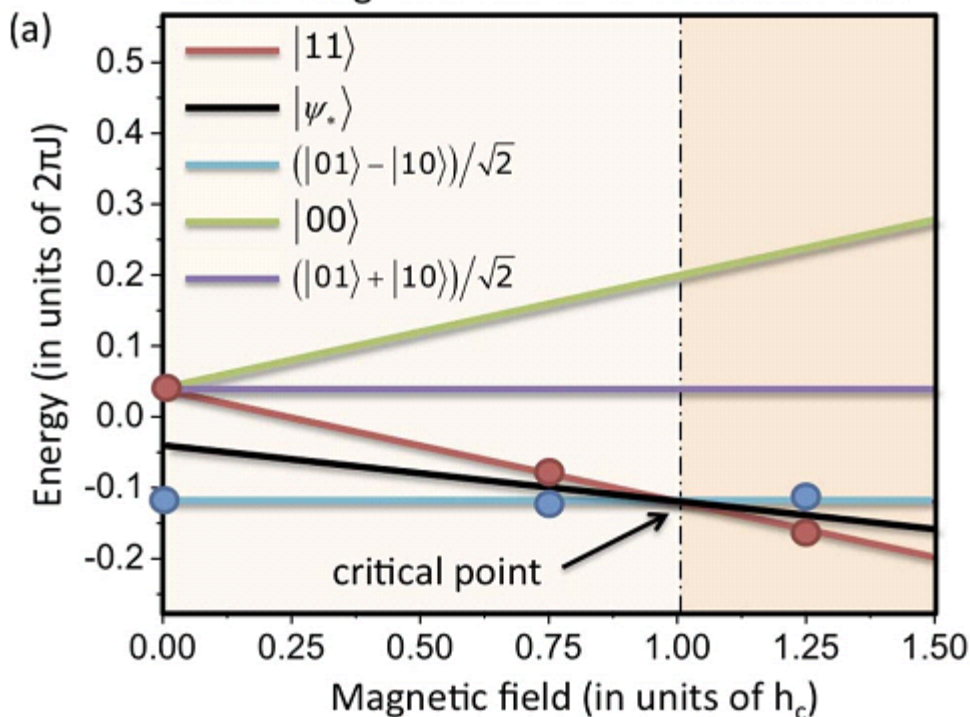


# Heisenberg Hamiltonian in an external field



	$^1\text{H}$	$^{13}\text{C}$	$^{19}\text{F}$	T1	T2
$^1\text{H}$	400 MHz			2.8 s	1.2 s
$^{13}\text{C}$	160.7 Hz	100 MHz		2.9 s	1.1 s
$^{19}\text{F}$	47.6 Hz	-194.4 Hz	376 MHz	3.1 s	1.3 s