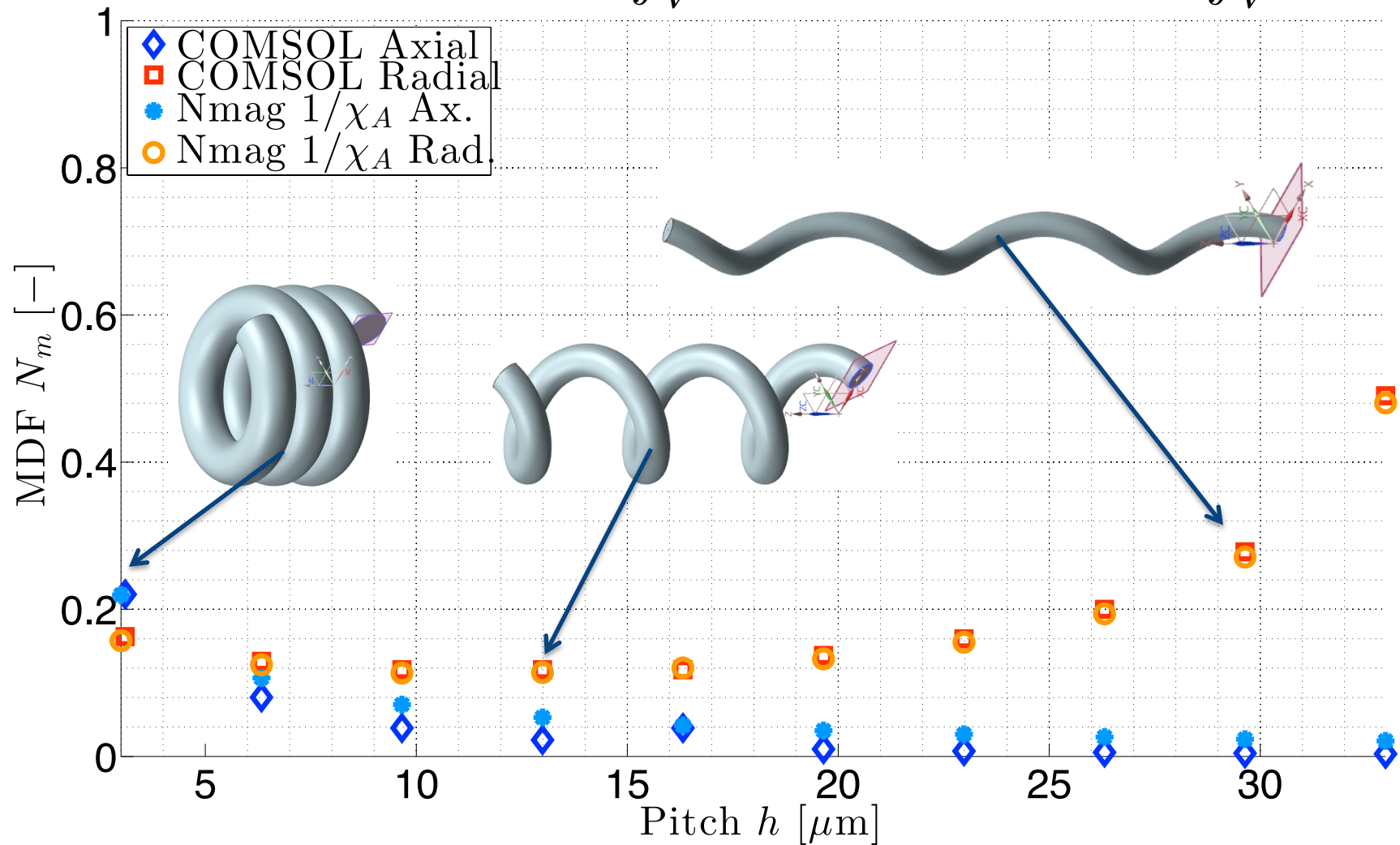


**Fully magnetic helices (FMH)**

**MDF of FMH: Low Field Behavior**

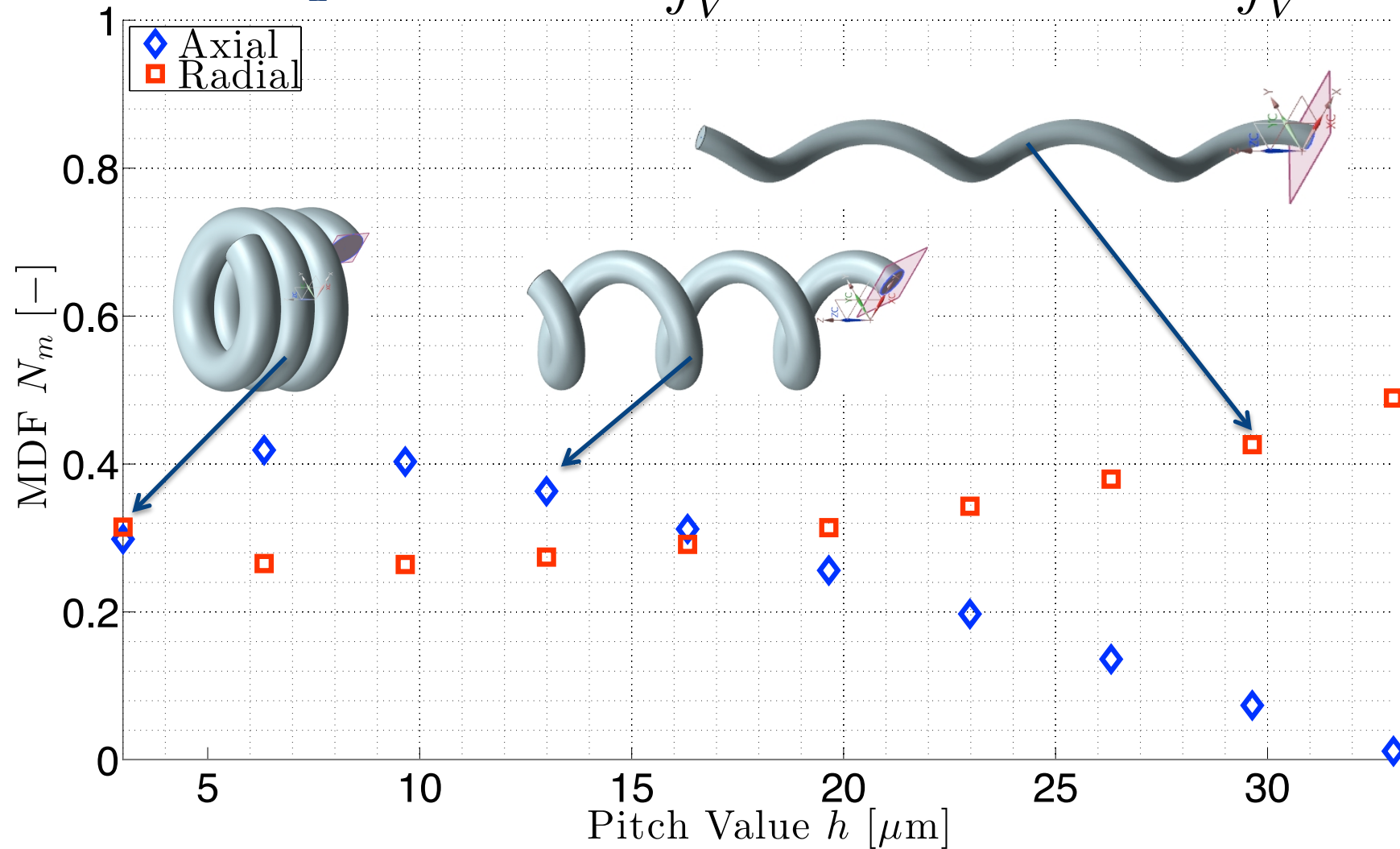
$$\int_V \mathbf{H}_{demag} dV = -N_m \int_V \mathbf{M} dV$$



**Fully magnetic helices (FMH)**

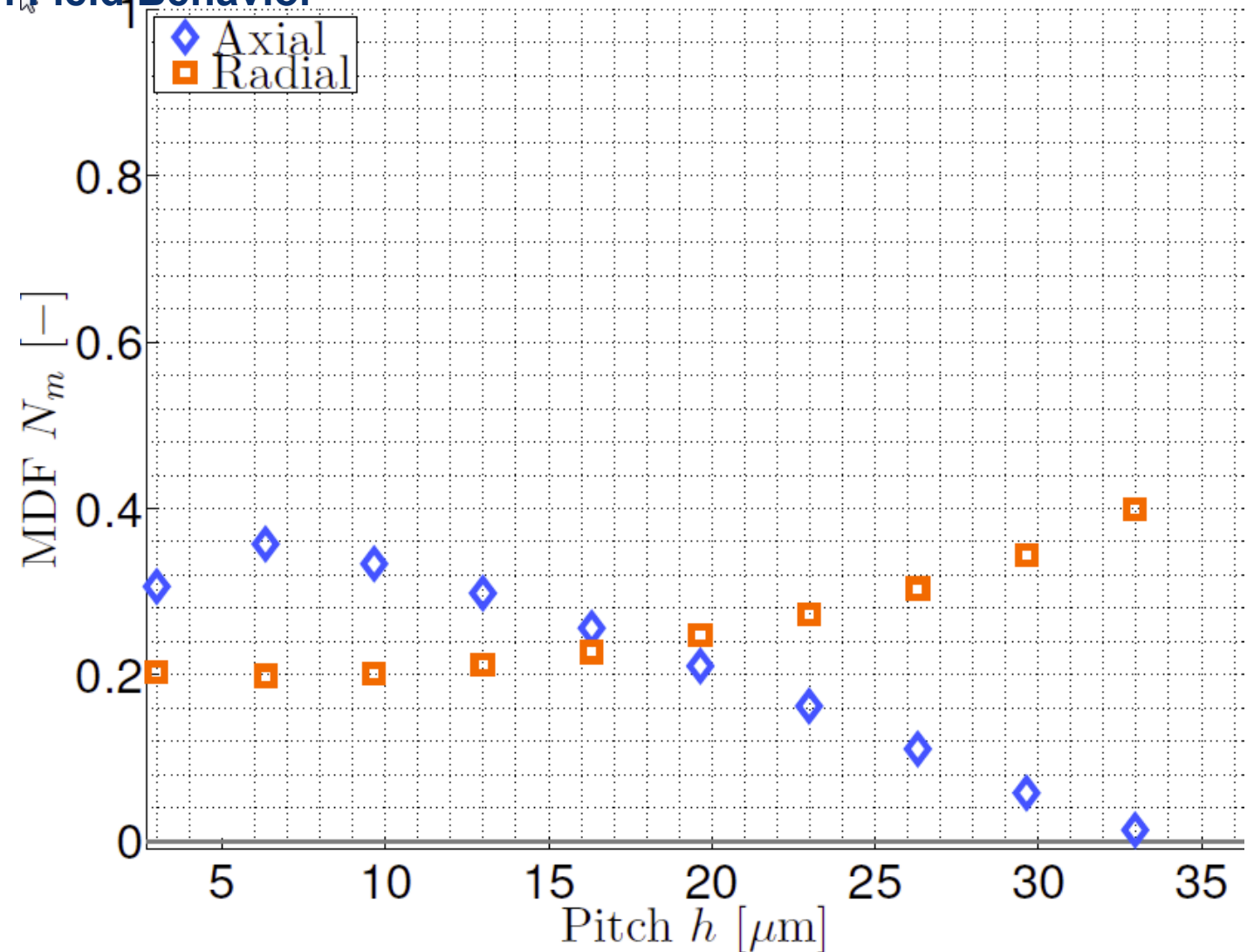
**MDF of FMH: High Field Behavior**

$$\int_V \mathbf{H}_{demag} dV = -N_m \int_V \mathbf{M} dV$$



## Thin film helices (TFH)

### MDF of TFH: High Field Behavior



## Thin film helices (TFH)

### MDF of TFH: Low Field Behavior

