KINETIC AND HELMHOLTZ ENERGY DENSITIES (reflective zBCs)

Legend:
- E_{total}
- $E_{\text{kin},z} = (1/2)\rho u_z^2$
- $E_{\text{Helm}} = c_s^2 \rho \ln\rho$

y-axis: energy density $(\rho_0 c_{s0}^2)$

x-axis: orbits