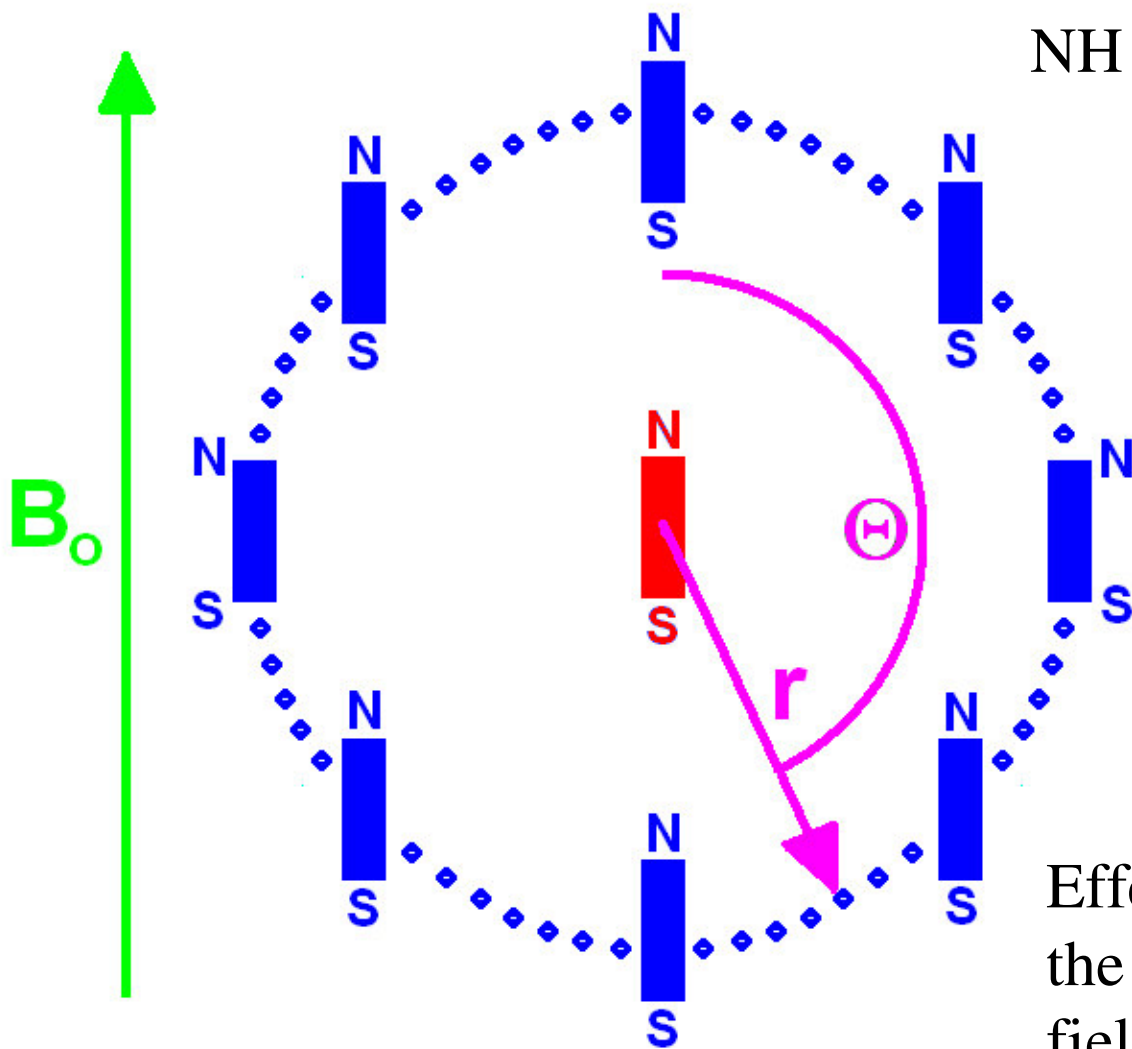


Effect of ^1H Magnet on the Field Experienced by ^{15}N



Distance r is fixed by
NH bond length

All nuclear magnets
are aligned with the
external field

^1H magnet can be either
“up” or “down”

Effect of ^1H is modulated by
the angle Θ with the external
field: freq. shift = $3\cos^2\Theta - 1$