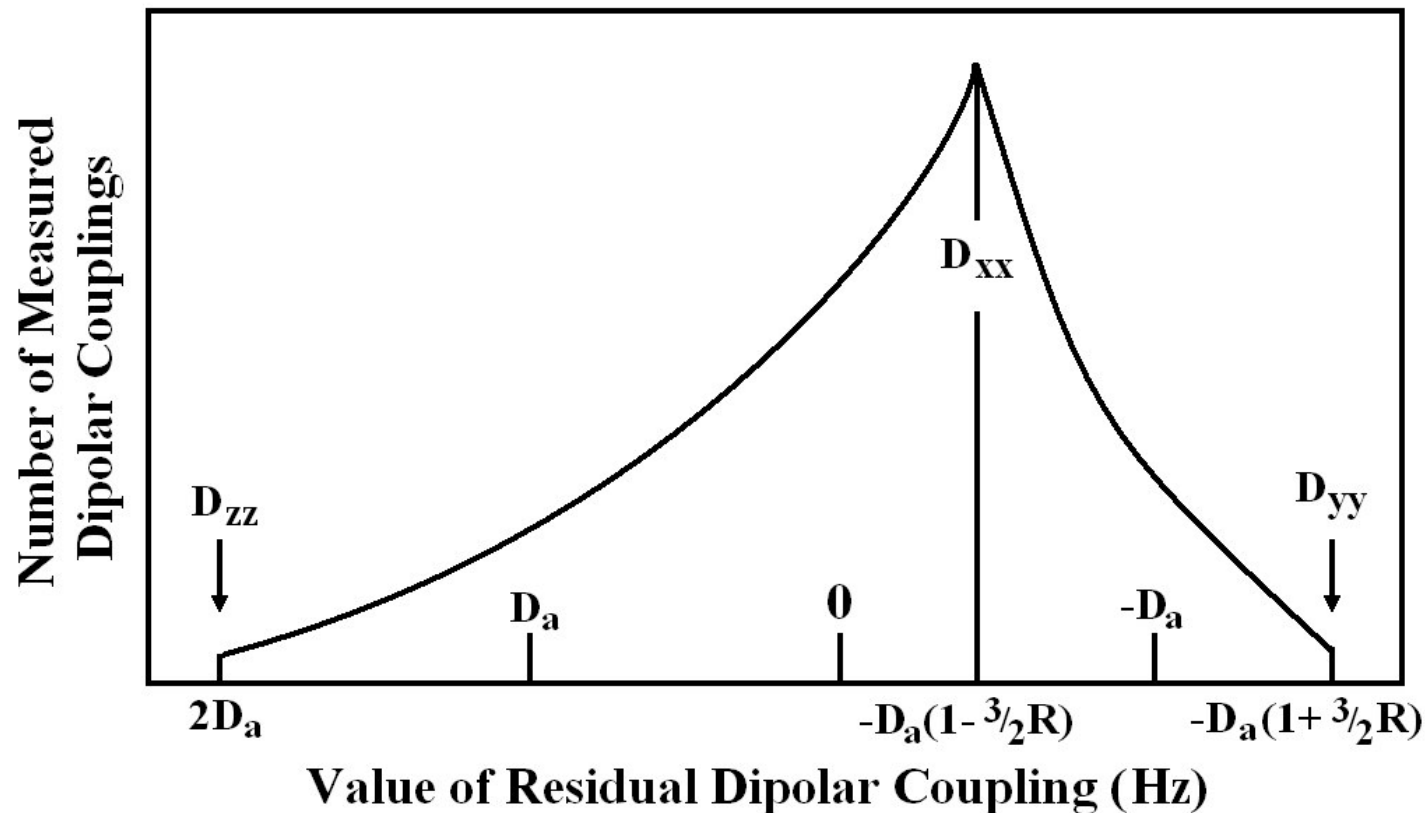


Assuming that all orientations are equally sampled in the measured D values, D_a and R can be obtained from the histogram

Histogram of Measured Dipolar Couplings



$$D = D_a [(3 \cos^2 \Theta - 1) + \frac{3}{2} R (\sin^2 \Theta \cos 2\Phi)]$$