$$\frac{1}{a_R} = \frac{1}{a} + \overline{\frac{1}{L_1}} + \overline{\frac{1}{L_2}} + \overline{\frac{1}{L_1+L_2}} - \frac{a}{2}\overline{\left(\frac{1}{L_1}-\frac{1}{L_2}\right)^2} - \frac{a}{2}\overline{\frac{1}{(L_1+L_2)^2}}. \qquad (5.44)$$