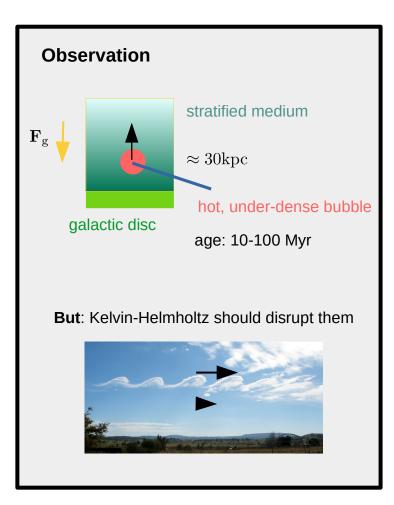
## Stabilizing Effect of Magnetic Helicity on Magnetic Cavities in the Intergalactic Medium

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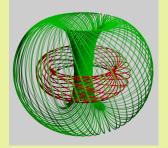
Can magnetic helicity stabilize intergalactic cavities?

Conservation of magnetic helicity:

$$\lim_{\eta \to 0} \frac{\partial}{\partial t} \int \boldsymbol{A} \cdot \boldsymbol{B} \, \mathrm{d} V = 0$$

Realizability condition:

$$E_{\rm m}(k) \ge k|H(k)|/2\mu_0$$



Magnetic energy is bound from below by magnetic helicity.

