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## Variational studies of the (hyper)nuclear forces from Lattice QCD

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The idea of studying nuclear physics directly from the degrees of freedom of the Standard Model, quarks and gluons, has been long sought in the physics community. During the last few decades, the numerical method called lattice QCD has been able to compute the simplest quantities, such as the hadron masses, directly from first principles. When trying to address multibaryon systems, more sophisticated algorithms and analysis techniques are required in order to obtain the energy levels. In this talk, I will present the latest results from the NPLQCD collaboration from a variational study of the  $NN$  systems at  $m_\pi \sim 800$  MeV using a large set of interpolating operators. I will also discuss the isospin singlet, strangeness  $-2$  sector relevant for the H-dibaryon at  $m_\pi \sim 800$  MeV.

### session

E. Hadron and Nuclear Interactions

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