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Chiral perturbation theory- connecting lattice results to experiment

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The application of chiral perturbation theory to lattice calculations is discussed. Because of the enormous amount of computational resources required to simulate QCD in the presence of multiple energy scales, extrapolations to light and heavy quark masses are required. If lattice simulations can be done in a regime where effective field theories such as chiral perturbation theory apply, this aids the extrapolations enormously. In this context, I review some examples where progress has been made in kaon and B physics.