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In any ΔABC the following relationship holds :

$$\max \left\{ \sqrt{\frac{b}{c}} + \sqrt{\frac{c}{b}}, \frac{a+b}{a+c} + \frac{a+c}{a+b} \right\} \leq \sqrt{\frac{\sin \frac{B}{2}}{\sin \frac{C}{2}}} + \sqrt{\frac{\sin \frac{C}{2}}{\sin \frac{B}{2}}} \leq \frac{w_b}{w_c} + \frac{w_c}{w_b}$$

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$$\begin{aligned} \frac{\sin^2 \frac{B}{2}}{\sin^2 \frac{C}{2}} + \frac{\sin^2 \frac{C}{2}}{\sin^2 \frac{B}{2}} - 2 &= \frac{(\sin^2 \frac{B}{2} - \sin^2 \frac{C}{2})^2}{\sin^2 \frac{B}{2} \sin^2 \frac{C}{2}} = \frac{((s-c)(s-a) - (s-a)(s-b))^2}{\frac{ca}{(s-c)(s-a)} \cdot \frac{ab}{(s-a)(s-b)}} \\ &= \frac{(b(s-c) - c(s-b))^2}{bc(s-b)(s-c)} \Rightarrow \frac{\sin^2 \frac{B}{2}}{\sin^2 \frac{C}{2}} + \frac{\sin^2 \frac{C}{2}}{\sin^2 \frac{B}{2}} - 2 = \frac{s^2(b-c)^2}{bc(s-b)(s-c)} \rightarrow (m) \text{ \& now,} \end{aligned}$$

$$\frac{a+b}{a+c} + \frac{a+c}{a+b} \stackrel{?}{\leq} \sqrt{\frac{\sin \frac{B}{2}}{\sin \frac{C}{2}}} + \sqrt{\frac{\sin \frac{C}{2}}{\sin \frac{B}{2}}} \Leftrightarrow \left(\frac{a+b}{a+c}\right)^2 + \left(\frac{a+c}{a+b}\right)^2 \stackrel{?}{\leq} \frac{\sin \frac{B}{2}}{\sin \frac{C}{2}} + \frac{\sin \frac{C}{2}}{\sin \frac{B}{2}}$$

$$\Leftrightarrow \left(\frac{a+b}{a+c}\right)^4 + \left(\frac{a+c}{a+b}\right)^4 - 2 \stackrel{?}{\leq} \frac{\sin^2 \frac{B}{2}}{\sin^2 \frac{C}{2}} + \frac{\sin^2 \frac{C}{2}}{\sin^2 \frac{B}{2}} - 2 \Leftrightarrow$$

$$\frac{((a+b)^4 - (c+a)^4)^2}{(a+b)^4(c+a)^4} \stackrel{?}{\leq} \frac{s^2(b-c)^2}{bc(s-b)(s-c)}$$

$$\Leftrightarrow \frac{((a+b)^2 + (c+a)^2)^2(2a+b+c)^2(b-c)^2}{(a+b)^4(c+a)^4} \stackrel{?}{\leq} \frac{s^2(b-c)^2}{bc(s-b)(s-c)} \Leftrightarrow$$

$$bc(s-b)(s-c)((a+b)^2 + (c+a)^2)^2(2a+b+c)^2 \stackrel{?}{\leq} s^2(a+b)^4(c+a)^4$$

$$(\because (b-c)^2 \geq 0) \text{ and } \because bc(s-b)(s-c) \stackrel{AM-GM}{\leq} \frac{(b+c)^2 a^2}{16} \therefore \text{it suffices to prove :}$$

$$4s(a+b)^2(c+a)^2 \stackrel{?}{\geq} a(b+c)((a+b)^2 + (c+a)^2)(2a+b+c) \Leftrightarrow$$

$$4 \left(\sum_{\text{cyc}} x \right) (2z+x+y)^2 (2y+z+x)^2 \stackrel{?}{\geq}$$

$$(y+z)(2x+y+z)((2z+x+y)^2 + (2y+z+x)^2)(2(y+z) + 2x+y+z)$$

$$(x=s-a, y=s-b, z=s-c \Rightarrow a=y+z, b=z+x, c=x+y) \Leftrightarrow$$

$$4x^5 + 20x^4(y+z) + 36x^3(y+z)^2 + 8x^3yz + 26x^2(y+z)^3 + 40x^2yz(y+z) + 6x(y+z)^4 + 56xyz(y+z)^2 + 4xy^2z^2 + (y+z)^5 + 22yz(y+z)^3 + 4y^2z^2(y+z)$$

$$\stackrel{?}{\geq} 0 \rightarrow \text{true (strict inequality)} \Rightarrow \frac{a+b}{a+c} + \frac{a+c}{a+b} \stackrel{\textcircled{1}}{\leq} \sqrt{\frac{\sin \frac{B}{2}}{\sin \frac{C}{2}}} + \sqrt{\frac{\sin \frac{C}{2}}{\sin \frac{B}{2}}}$$

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Again, $\sqrt{\frac{b}{c}} + \sqrt{\frac{c}{b}} \stackrel{?}{\leq} \sqrt{\frac{\sin \frac{B}{2}}{\sin \frac{C}{2}}} + \sqrt{\frac{\sin \frac{C}{2}}{\sin \frac{B}{2}}}$ squaring twice and via (m) $\Leftrightarrow \frac{s^2(b-c)^2}{bc(s-b)(s-c)} \stackrel{?}{\geq} \frac{(b^2-c^2)^2}{b^2c^2}$

$$\Leftrightarrow \left(\sum_{\text{cyc}} x \right)^2 (z+x)(x+y) \stackrel{?}{\geq} yz(2x+y+z)^2 \quad (\because (b-c)^2 \geq 0)$$

$$\Leftrightarrow x^4 + 3x^3(y+z) + 3x^2(y^2+yz+z^2) + x(y^3+z^3+y^2z+yz^2) \stackrel{?}{\geq} 0$$

\rightarrow true (strict inequality) $\because \sqrt{\frac{b}{c}} + \sqrt{\frac{c}{b}} \stackrel{\textcircled{2}}{\leq} \sqrt{\frac{\sin \frac{B}{2}}{\sin \frac{C}{2}}} + \sqrt{\frac{\sin \frac{C}{2}}{\sin \frac{B}{2}}}$

Finally, $\frac{w_b}{w_c} + \frac{w_c}{w_b} = \frac{\frac{2a \cdot 4R \cos \frac{C}{2} \sin \frac{C}{2}}{c+a} \cdot \cos \frac{B}{2}}{\frac{2a \cdot 4R \cos \frac{B}{2} \sin \frac{B}{2}}{a+b} \cdot \cos \frac{C}{2}} + \frac{\frac{2a \cdot 4R \cos \frac{B}{2} \sin \frac{B}{2}}{a+b} \cdot \cos \frac{C}{2}}{\frac{2a \cdot 4R \cos \frac{C}{2} \sin \frac{C}{2}}{c+a} \cdot \cos \frac{B}{2}}$

$$= \frac{\left(\sqrt{\frac{\sin \frac{C}{2}}{\sin \frac{B}{2}}} \right)^2}{\frac{c+a}{a+b}} + \frac{\left(\sqrt{\frac{\sin \frac{B}{2}}{\sin \frac{C}{2}}} \right)^2}{\frac{a+b}{c+a}} \stackrel{\text{Bergstrom}}{\geq} \frac{\left(\sqrt{\frac{\sin \frac{B}{2}}{\sin \frac{C}{2}}} + \sqrt{\frac{\sin \frac{C}{2}}{\sin \frac{B}{2}}} \right)^2}{\frac{c+a}{a+b} + \frac{a+b}{c+a}} \stackrel{\text{via } \textcircled{1}}{\geq}$$

$$\frac{\left(\sqrt{\frac{\sin \frac{B}{2}}{\sin \frac{C}{2}}} + \sqrt{\frac{\sin \frac{C}{2}}{\sin \frac{B}{2}}} \right) \left(\frac{c+a}{a+b} + \frac{a+b}{c+a} \right)}{\frac{c+a}{a+b} + \frac{a+b}{c+a}} \Rightarrow \frac{w_b}{w_c} + \frac{w_c}{w_b} \stackrel{\textcircled{3}}{\geq} \sqrt{\frac{\sin \frac{B}{2}}{\sin \frac{C}{2}}} + \sqrt{\frac{\sin \frac{C}{2}}{\sin \frac{B}{2}}} \text{ and so, } \textcircled{1}, \textcircled{2} \text{ and } \textcircled{3}$$

$$\Rightarrow \max \left\{ \sqrt{\frac{b}{c}} + \sqrt{\frac{c}{b}}, \frac{a+b}{a+c} + \frac{a+c}{a+b} \right\} \leq \sqrt{\frac{\sin \frac{B}{2}}{\sin \frac{C}{2}}} + \sqrt{\frac{\sin \frac{C}{2}}{\sin \frac{B}{2}}} \leq \frac{w_b}{w_c} + \frac{w_c}{w_b} \quad \forall \Delta ABC,$$

" = " iff $b = c$