Separate K out li

$$(1-\tfrac{1}{2}\Omega)J + \tfrac{1}{8}\varepsilon J^2 + \tfrac{1}{4}\varepsilon J \sin 2\phi$$

$$+ \tfrac{1}{8}\varepsilon J\{4\sin\Omega t - J\cos(4\phi+2\Omega t) - 2\sin(2\phi+2\Omega t)\}$$

Now say that the 1st 3 terms vary slowly as compared with the terms in brackets.