

Reduce & Manage Ailments in Enchanted by Nature

Turn off Balance

Options -> Game Options -> Pack Settings -> Enchanted by Nature -> Enable Balance and Imbalance

- This prevents sims from getting ailments from low balance, but sims can still contract ailments in other ways.
- This option can be set for each save individually, and changed at any time.
- The Balance system *only* presents gameplay challenges. Having good balance grants no additional benefits to sims.

Cheat to prevent sims from contracting Ailments from social interactions

Traits.Equip_Trait HolisticHealer

- Sims with the “Holistic Healer” trait “will no longer receive ailments when socializing with sims who have one... though they’re still susceptible if they become very imbalanced or are subject to a fairy ability.”
 - This does not prevent random ailments from rabbit holes like work or school, even though those are “from contagious spread” according to their moodlets
- This is a reward trait granted for reaching the top of the Apothe-curist track of the Naturopath career.
- Cheat must be applied to each sim.

Save Celestial Protection Elixir & Holistic Cure to your Library

- The **celestial protection elixir** prevents a sim from getting an ailment when they otherwise would have.
 - Wears off after protecting against one ailment, then can be consumed again.
 - Lasts at least one week; there’s no timer visible in game and I did not test further.
 - Stops working if you load out of the lot by traveling or going to Manage Worlds.
 - This is likely a bug, and [I’ve reported it here](#).
- The **holistic cure** heals all ailments and restores balance and all needs, including supernatural needs.
 - Can only be consumed once per 24 hours per sim.
- Acquire both by crafting (level 10 apothecary skill) or purchasing from the Apothecary stall in Sprucederry Grove (inventory randomizes each day).
 - Holistic cure is rewarded for completing Apothecary [Fables](#). Can be repeated.
 - Celestial protection elixir can be purchased in Debug.
- Make a one-tile room and place the item in the room, then save the room to your Library. Place the room from your Library to make a copy of the item.
 - This will cost \$15 for the celestial protection elixir and \$20 for the holistic cure.
 - All cures & apothecary items can be copied this way.

Curing Ailments

What works:

- A sim doesn't need a high apothecary skill to cure ailments: All cures (except the holistic cure) can be crafted at level 2 of the apothecary skill, and all ingredients needed for these cures can be purchased directly from the apothecary crafting table.
- Cures may be purchased at Apothecary Todd's stall in Sprucederry Grove, but the daily inventory is random.
- Visiting a naturopath (\$1500) removes ailments, restores some balance, and gives a bonus apothecary item like an elixir or cure.
 - Self-click the affected sim, or find the option in the phone in the "home" category
- You can ask fairies to cure any ailment. Premade sims Zhaleh Amani, Care Ren, and Titania Summerdream have this ability. All are easily found in the Everdew neighborhood.
 - A fairy cannot use this ability to cure their own ailment
 - Fairies must have enough emotional force to use this ability; shift-clicking them to cheat their needs will restore emotional force.
 - Fairies will help your sim even if disliked.
- "Manifest Ailment Relief" interaction in Moondrop Springs in the Everdew neighborhood has a chance to cure or reduce the duration of an ailment.
 - Better luck increases a sim's chance of success.
- All ailment cures can be saved in a room to your Library or uploaded to the Gallery and then placed again to make a copy. They can also be copied with the cloning machine.
- Emotional Stability potion will remove ailments *only if the potion "fails" and backfires*
 - Potions can be hexed to backfire with perk "Potent Potables" at Virtuoso spellcaster rank
 - "Hexproof" perk does not protect spellcasters from backfiring potions

What doesn't work:

- Celestial protection elixir prevents an ailment. Supernatural shield elixir protects from a fairy using their ability to apply an ailment. Neither cures ailments.
- Cannot remove ailment moodlets by bottling emotions, but can still bottle emotions if the ailment moodlet is not the only moodlet causing the emotion.
- Fairies can project or absorb an emotion granted by an ailment moodlet, but the moodlet will not be removed.
- Cures cannot be purchased from Debug.
- Moodlet Solver, Emotional Stability potion (if not backfiring), Curse Cleansing potion, Decursify spell, Herbalism remedies, cut gemstones & jewelry, medicine, Snake Oil serum, and Home Remedy family recipe cannot remove ailments or associated moodlets, regardless if moodlet is positive or negative

- When using the Decursify spell or Potion of Curse Cleansing with an ailment, a unique notification will tell you to try the apothecary skill instead.
 - Toggling off balance in settings does not cure ailments caught from low balance.
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More Details on Ailment & Balance Mechanics

- Sims can get ailments from having low balance, interacting with other sims with ailments, or randomly for a variety of reasons including going to work or school, using a public restroom, foraging, or waking up “under the weather.”
 - Child-aged sims and younger cannot get ailments, balance, or luck.
- Sims can have only one ailment at a time, and a new ailment will “cure” the previous one and replace it.*
- Sims immediately get an ailment when they become very imbalanced.*
- Balance increases when an ailment is cured.* Balance does not decrease when an ailment is contracted.
 - Contracting another ailment on top of existing one will increase balance, regardless of mood/needs.
 - This can be exploited by fairies to increase a sim’s balance by applying multiple ailments in succession; however, applying ailments can lower relationships or give bad sentiments; abilities in the fairy tree can eliminate this problem.
- *These mechanics together can result in a loop where a sim rapidly bounces back and forth between “imbalanced” and “very imbalanced” and gets a new ailment every time.
 - When this happens, a sim may have a different ailment by the time they acquire a cure for the original ailment. Use the holistic cure, visit a naturopath, or ask a fairy for help to cure any ailment.
 - Because of this loop, it can be difficult for a sim to maintain a very imbalanced state
- Sims can randomly catch ailments when returning from a rabbit hole like work or school. You can avoid this by following your sim to an active career / schoolday or having them work from home.
- Balance is affected by mood and needs, but having an overall positive emotion with low needs will still increase balance.
 - Balance increases while in the “asleep” mood. The “fine” mood is neutral and causes neither increase nor decrease of balance.
 - Sims will not use the natural living skill to auto-solve their needs, so you must direct them to care for themselves if they don’t have access to modern amenities.
- Potentially deadly emotions (hysterical, mortified, enraged) as well as grief cause a sim to rapidly lose balance. This is true even if the sim can’t actually die from emotions (teens & vampires).
 - Prior to [this patch](#), potentially deadly emotions and grief caused a sim to instantly become very imbalanced and immediately get an ailment.

- Because imbalance grants negative moodlets and makes some needs decrease faster, your sim's bad emotional state can snowball and it can become very difficult to improve balance.
 - This can be exacerbated by other features like bad luck (EbN, toggle off in settings) causing a fire, a fear of fire (Base Game, toggle off in settings) causing more fires, and milestone reflection (Growing Together) from a fire causing tense moodlets
 - Carefree trait prevents tense moodlets from low balance, but not uncomfortable moodlets or ailments. Helps reduce snowballing.
 - Moodlet Solver & Emotional Stability potion remove tense & uncomfortable moodlets from low balance, but do not restore balance
 - Emotional Stability potion removes all moodlets, good and bad
 - Bottling emotions with the emotion stone or fairy ability can remove tense moodlets from imbalance, but not uncomfortable moodlets.
 - Cheating to fill needs by shift + clicking mailbox or sim restores balance but does not remove ailments
 - This will lower a sim's balance if their balance is so high that it's off the chart
 - Disable Needs Decay cheat does not disable balance decay
 - Gameplay items that restore needs like the Moodlet Solver do not restore balance
 - Ailments do not directly affect balance, but their moodlets can affect emotions positively or negatively depending on the ailment, so they may indirectly increase or decrease balance.
 - Toggling balance or luck off & on in settings will not reset sim's balance or luck.
 - Ailments, balance, and the effects of elixirs do not save with a sim to the Library.
 - Luck does save to the Library, but sometimes it glitches and gets mixed up between sims in a household. Because luck resets every day, this feature isn't particularly useful.
 - Sims can have an ailment and an illness at the same time, but only one visual effect will show up.
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Copying Apothecary Items

- **Save to your Library:** All items associated with the apothecary skill can be saved in a room to your Library and then placed from the Library to make a copy. These items are fully usable when copied via the Library.
 - This includes ingredients, harvestables, emotion potions, elixirs, cures, luck charms, and emotion stones, as well as all Everdew seeds & plants, the fairy seedling, and fairy dust.
- **Buy from Debug:** All items except for aliment cures, fairy dust, and planted Everdew plants can be purchased from the Build/Buy catalogue after using cheat "BB.ShowHiddenObjects." They all work when purchased from debug.

- **Cloning Machine:** All items associated with the apothecary skill can be copied with the cloning machine, except for the freezer bunny foot, the cowplant horn, the emotion stone, and the fairy seedling.
 - **Copypasto:** Only Base Game harvestables, fairy dust, and Everdew plant seeds can be copied with the Copypasto spell.
 - Planted aura bushes, lightning roots, and moody shrubs cannot be copied with Copypasto
 - The fairy seedling cannot be copied with Copypasto
 - **Retail Restocking (Get to Work):** All apothecary items except for planted plants and the fairy seedling can be set for sale at a retail lot and restocked after being purchased.
 - Visit as a customer to purchase items and take them home to use.
 - A sim from the household that owns the business cannot purchase from their own store.
 - An unowned retail lot will restock automatically.
 - Small businesses (Businesses & Hobbies) don't have a restock function, so they can't be used to copy items.
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Growing Together's Impact on Balance & Ailments

Many Growing Together gameplay features are designed to challenge your sims with negative moodlets. Burnout, Midlife Crises, and Milestone Reflection cannot be turned off in settings, and can create a self-perpetuating cycle with low Balance because they are caused/exacerbated by bad moods and/or give sims additional negative moodlets once triggered. Layoffs will also give sims negative moodlets, but because this feature can be turned off, and because it's triggered randomly, I haven't tested its interaction with other pack features.

Burnout

Burnout happens when a sim spends too much time doing one type of activity (mental or creative) or when a sim spends time at work in a rabbit hole, especially if working hard. Burnout is difficult to avoid because it's so easy to get from both work and hobbies.

Burnout begins with a dazed moodlet from early-burnout fog. If a sim continues doing activities that exacerbate this moodlet, it will eventually become full burnout and give a tense moodlet.

Activities that exacerbate or reduce the moodlet are determined by the type of burnout a sim has; check the moodlet for information.

- Tense moodlets from burnout can be bottled, projected, or absorbed to remove them, but dazed moodlets cannot
 - In my testing, a fairy with a tense "burned out" moodlet projecting *any* emotion also got rid of the burnout moodlet. This is likely a bug, not an intended feature. This did not happen for bottling or absorbing emotions.
- Carefree trait prevents full burnout, but not early-burnout fog

- Moodlet solver will remove tense moodlet from full burnout, but not dazed moodlet from early-burnout fog
 - The balance system considers “dazed” a negative mood that will lower balance, so it’s strange that the moodlet solver doesn’t work on dazed moodlets
- Emotional stability potion will remove dazed & tense moodlets from burnout
- De-stressing Decoction herbalism remedy slightly lowers the duration of tense moodlets from burnout
- Crystal creations charged crystals can reduce the frequency at which sims get into a fog, reduce fog/burnout once it starts, and give additional positive moodlets
- Holistic cure will not remove burnout at any stage

Midlife Crisis

Midlife Crises can be triggered on adult sims if they spend too long in a negative mood. A midlife crisis begins with a bored moodlet, then becomes a tense early midlife crisis moodlet, then finally becomes a full midlife crisis, giving a new tense moodlet that lasts 7 days. During the full crisis, a sim will get additional temporary moodlets of various emotions, both good and bad. Doing activities to resolve the crisis (found in a sim’s Aspirations panel) will lessen the duration of this final tense moodlet. A sim can only ever have one midlife crisis.

- Emotional Stability potion prevents midlife crisis if consumed in the early-crisis bored or tense stage.
 - DO NOT USE THIS POTION IF THE CRISIS IS ALREADY IN FULL EFFECT. Doing so may cause a bug that makes the midlife crisis permanent. The tense moodlet with the countdown will disappear, but the crisis itself will never go away.
- Carefree trait prevents tense moodlets in later stages of a midlife crisis, but does not prevent the midlife crisis itself. Sims with this trait are still able to end the midlife crisis (but try this at your own risk).
 - Because the countdown is attached to the midlife crisis tense moodlet, you won’t know how much longer the crisis will last.
- Moodlet solver, holistic cure, destressing decoction, cut gemstones/jewelry, bottling/absorbing/projecting emotions, and normal stress-reduction techniques like taking a bath will not remove the bored/tense moodlets that lead up to or cause a midlife crisis, but may remove some peripheral moodlets after the crisis starts.
 - Bottling/absorbing/projecting emotions can sometimes be performed, but this will not remove the moodlets. Tense moodlets from a midlife crisis are “too powerful” to bottle.
- Don’t save a sim to your Library / Gallery while they’re in the midst of a midlife crisis. This can cause a bug where they’re permanently stuck in the crisis, no matter how much time passes.

Milestone Reflection

After getting a milestone, a sim may “reflect on” one of their milestones, sometimes randomly and sometimes under specific circumstances. Recalling good milestones gives sims positive moodlets while recalling bad milestones gives sims negative moodlets.

- Because this occurs randomly, I haven’t been able to thoroughly test ways to remove negative moodlets associated with milestones. There’s no deeper gameplay associated with them, so they *should* be affected by anything that would normally reduce or remove a similar moodlet.
 - Witnessing a fire for the first time creates a negative milestone that can give a sim a tense moodlet whenever they’re cooking in the area where the fire happened. When paired with bad luck and/or a fear of fire - which both increase the likelihood of starting a fire and give negative moodlets - this can greatly impact Balance.
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Glossary

- **Carefree reward trait** (Base Game): prevents tense moodlets. Purchased from the rewards store for 3000 aspiration points.
 - **Laid-back reward trait** (Island Living): Prevents tense moodlets. Complete Beach Life aspiration to acquire. This aspiration cannot be completed by sims with occult skin tones that cannot tan like vampires and aliens. (I did not test this trait with EbN; I’m assuming it works the same as Carefree.)
- **Moodlet Solver** (Base Game): removes most negative moodlets and restores all needs. Purchased from the rewards store for 500 reward points.
- **Rabbit Hole**: When a sim goes somewhere you can’t follow, like to work or school.
- **Starseed Teleporter** (Enchanted by Nature): Offers instant teleportation to some hidden worlds in exchange for one pile of fairy dust. One is available for use in the Everdew neighborhood, or you can get your own by completing a Fable from the Fairy Council Liaison (Care Ren).
- **Manipulating Emotions** (Enchanted by Nature): Never available for uncomfortable, asleep, dazed, possessed, or fine emotions. Sometimes unavailable for other emotions, depending on specific moodlets.
 - **Bottle Emotion**: The target sim’s current emotion is bottled. Moodlets of that emotion are removed from the sim, and the bottler receives bottles of that emotion. Stronger emotions grant more bottles. This can be done by fairies after purchasing the ability at Glowing rank (2) or any sim can craft an emotion stone at level 6 of the apothecary skill. Can be done on self or others.
 - **Absorb Emotion**: Removes moodlets of the target’s current emotion. Any fairy can absorb emotions to fulfill their emotional force need.
 - **Project Emotion**: Removes moodlets of the user’s current emotion and gives nearby sims a “fairy influence” moodlet of that emotion. Available to fairies only after purchasing the ability at Glimmering rank (3).

- **Potions & Spells** (Realm of Magic): Potions can only be crafted by spellcasters using a cauldron, but anyone can drink them. Must level up spellcaster rank and learn each spell or potion recipe. Potions can be hexed to always backfire after unlocking the “potent potables” perk at the virtuoso rank, or may randomly backfire. Potions can be found in debug, but these items do not function, nor will they function if placed from the Library/Gallery.
 - **Potion of Plentiful Needs:** Restores all needs.
 - **Potion of Emotional Stability:** Removes all moodlets, good and bad. When backfires, removes all moodlets and gives a brief moodlet of each emotion.
 - **Potion of Curse Cleansing:** Removes spellcaster curses.
 - **Decursify Spell:** Removes spellcaster curses.
 - **Copypasto Spell:** Makes a copy of an item. Can destroy the original item if the spell backfires.
- **Medicine, Serums & Inventions** (Get to Work): Sims learn how to craft serums and inventions by advancing through the scientist career. Serums may backfire and have a negative effect. Medicine can be purchased on the computer. All items listed here can be purchased from debug and will function.
 - **Cloning Machine invention:** Makes a copy of an item. Will not destroy the original item if the cloning process fails.
 - **Need Fixer Serum:** Fully restores all needs
 - **Snake Oil Serum:** Cures illness
 - **Medicine:** Cures illness.
- **Home Remedy family recipe** (Businesses & Hobbies): Reduces the duration of sick moodlets. Unlocked by overcoming an illness (GtW) or cold (Seasons), but not an ailment.
- **Herbalism Remedies** (Outdoor Retreat): Crafted from ingredients found in Granite Falls. Some reduce the duration of specific types of negative moodlets.
- **Cut Gemstones & Jewelry** (Crystal Creations): Crafting crystals into cut gemstones or jewelry, then charging them on a crystal grid, gives each crystal a unique power for 48 hours. Some reduce the duration of specific types of negative moodlets.
 - Gems/jewelry normally charge only from 7pm-7am, but will charge at all times of day in the Sylvan Glade, Forgotten Grotto, Sixam (GtW), and Magic Realm (RoM). The starseed teleporter makes it easy to access these hidden worlds.
- **Cheats:**
 - Press control+shift+c to open the cheat console on PC
 - [Click here](#) to visit IGN for more info and to learn how to activate cheats on Xbox or Playstation.
 - “**TestingCheats on**” is required for many other cheats to work. Only needs to be entered once per save to activate.
 - “**BB.ShowHiddenObjects**” allows additional “debug” items to be bought from the Build/Buy catalogue, like apothecary ingredients.
 - Use filter settings found on the top right of the catalogue to filter by debug and by pack

- Only some items are categorized in the catalogue. To see the full catalogue, click the “search” magnifying glass button found on the top left of the catalogue while the search bar is empty.
- Cheat Needs: after turning on TestingCheats, **hold shift and click** a mailbox or a sim to access a menu to refill needs or prevent them from decreasing.