



A Healer's Almanac

a traditional Chinese medicine village life sim

OFFICIAL DOCUMENTATION

Game Manual

A Healer's Almanac - a traditional Chinese medicine village life sim

MANUAL

Welcome to A Healer's Almanac

A Healer's Almanac is a cozy, pixel-art village life sim built around traditional Chinese medicine. You settle into a peaceful mountain valley with a small plot of land and a close-knit community, and you take up the role of the village's trusted herbalist and wellness guide. Here there is no combat and no time pressure. Healing is the gameplay, and careful diagnosis is your strategy.

Your life unfolds at its own pace across four seasons and the twenty-four solar terms of the classical calendar. You cultivate medicinal herbs, gather wild plants, dry and process them, brew decoctions, and treat villagers who fall ill. Along the way you grow crops, tend an orchard, upgrade your home, deepen friendships, and help the village flourish. Every choice ripples outward, shaping the health of the land and its people.

This manual is the complete player reference. It walks through the premise and your role, the daily loop, controls, the world, time and weather, foraging and farming, the Journal, the full diagnosis-and-treatment loop, crafting, NPCs, your robot helper Doudou, village tasks, the temple, your stats, sleeping, and saving. Read it cover to cover, or jump to the section you need.

Title	A Healer's Almanac
Tagline	a traditional Chinese medicine village life sim
Developer / Publisher	Pineroost
Engine	Godot 4.7, GDScript
Platforms	Windows (64-bit)
Languages	English and Simplified Chinese (in-game toggle)
Input	Keyboard and mouse
Support	pineroost@gmail.com

Your Role and the Heart of the Game

You are a healer, a farmer, and a community caretaker. Your fantasy is one of grounded competence and gentle stewardship. You learn the principles of traditional Chinese medicine and apply them to solve real problems for the people around you. You watch crops grow through the seasons, gather wild herbs, prepare and store them, and see your neighbors recover and thrive after you care for them.

There is no money in the valley. Nothing is bought or sold; the community runs on growing, gathering, crafting, gifting, and care. You make your way by tending the land and its people, not by filling a purse.

At its core, A Healer's Almanac is about daily routines, careful observation, and deep connection. You wake, explore, forage, farm, craft, heal, and sleep. There is no permanent game-over state: setbacks are recoverable, and the rhythm of a healer's life continues day by day and season by season. The mood is warm, restful, and restorative, and the village quietly rewards patience and care.

The Core Daily Loop

Each in-game day is divided into four periods: Morning, Afternoon, Evening, and Night. Time only advances while you are actively playing. It also pauses during dialogue, menus, scene transitions, story cutscenes,

and main-quest sequences, so you never feel rushed by a ticking clock while you are reading or planning.

A typical day flows like this: you wake at home, check the season and solar term, then head out to forage wild herbs, tend your crops and orchard, cultivate and prepare medicinal herbs in the Herb Garden, and gather what you need. When a villager falls ill, you visit them and begin a healing session. You brew decoctions and craft goods at workstations, deliver gifts, take on village-board tasks, and when your energy runs low you return to a bed to sleep. Sleeping advances time to the next morning, restores your stats, and saves your progress.

NPCs follow their own schedules, moving to different places and activities across the four periods. Crops mature, harvested forage patches work through their cooldowns, and the village's needs evolve from one day to the next. The loop is simple and calming, and every day offers something a little different.

- Wake at home and check the season, solar term, and weather.
- Forage wild herbs and gather resources around the world.
- Tend crops and fruit trees: till, plant, water, and harvest.
- Cultivate and gather medicinal herbs in the Herb Garden, and dry or process them for later use.
- Diagnose and treat any villager who has fallen ill.
- Brew decoctions and craft food, dried herbs, tools, and goods.
- Build relationships through conversation, gifts, and care.
- Take on village board tasks and follow your quests.
- Return to a bed and sleep to restore your stats and save the day.

Controls and Interaction

A Healer's Almanac is played with keyboard and mouse. You move with WASD or the arrow keys across a tile-based world, walking smoothly between tiles. To interact with whatever is in front of you, press E or the Spacebar. The same key advances dialogue and confirms prompts. Press Escape to close panels and open the pause menu, where you can adjust settings, change the language, and return to the title screen.

When you face something you can use, a small prompt glyph appears. Press the interact key to harvest a crop, talk to an NPC, sleep at a bed, or open a workstation. Select a hoe, watering can, axe, or pickaxe on the hotbar before using it. Holding the left mouse button on a tree or rock repeats chopping or mining until the resource is cleared.

The mouse gives you extra reach. Left-click the ground to walk there, or left-click a villager, object, or workstation to walk over and interact with it; with a tool selected in your hotbar, a left-click on a world tile uses that tool. A left-click also advances dialogue and confirms choices in menus. To find out what something is, hover the cursor over it: hovering an item in your hotbar or bag shows its name and description, which is how you identify a herb or item. Right-click an item in your bag to open its action menu, where you can eat, cook, gift, or otherwise use it. Ground items are picked up with the normal interact prompt or a left-click interaction, while a short right-click hold is used for movable placed objects when that prompt appears.

Core controls at a glance

Action	Input
Move	WASD or Arrow keys
Interact, pick up ground items, advance dialogue, confirm	E, Spacebar, or Left Click
Close panel or open pause menu	Escape

Action	Input
World map, after receiving the Village Map	M
Hotbar slots 1 to 10	Number keys 1 through 9, then 0
Cycle hotbar selection	Mouse wheel up or down
Move, or use the selected tool	Left mouse button
Inspect or identify an item	Hover the cursor over it
Use an item (eat, cook, gift)	Right mouse button

The Journal opens directly to specific tabs with single-key shortcuts during gameplay: press I for Player, B for Inventory, R for Doudou, N for Folks, Q for Quests, X for the Codex, V for Feats, T for Mastery, and C for the Calendar. Tab reopens whichever Journal tab you last used. There is no custom key-remapping menu in this build, and there is no gamepad support; the controls above are the standard scheme.

The World and Its Areas

The valley is made of several connected outdoor areas, a set of indoor rooms in homes and workshops, and deeper cave complexes you can explore. You travel between areas through doors, paths, and stairways, and after the Village Chief gives you a Village Map, pressing M opens a parchment-framed World Map with building markers, cave entrances, and landmark labels. Your character even appears live on the map as a small paper-doll figure.

You begin in the Village; your own Home and its farmland lie some way out from it. The other areas open up as you play: the Herb Garden, the Orchard, and Bamboo Valley are unlocked through the village's community-building projects rather than being available from the very first day. The villagers' houses and workshops can be entered as you get to know the people inside.

Outdoor areas

Area	What you do there
The Village	The social and production hub. Visit homes and workshops, craft at the forge, loom, artisan's bench, and carpenter's bench, use the well and the village board, and meet most of the cast.
The Herb Garden	A cultivation zone of tiered herb beds. Plant and harvest medicinal herbs, forage seasonal plants, and enjoy a calm, hazard-free space that helps you recover.
Bamboo Valley	A river gorge and wetland. Forage bamboo shoots and water-loving herbs, visit the temple to pray and collect offerings, and explore the surrounding household.
The Orchard	Fruit trees and stone terraces. Plant and harvest your own fruit trees; among the game's twenty-three fruit-tree varieties are peaches, apricots, persimmons, lychees, longans, and pears.
Your Home	Your personal homestead, with farm plots, fruit trees, a bed for sleeping, storage, and a lost-and-found box. Upgrade the house interior as you progress.

Beneath these areas lie procedurally generated cave complexes, each with its own theme and hazards: a root cave under the village, a karst river cave with cold springs and fishing banks under Bamboo Valley, an earthen cellar and old quarry under the Orchard, and a deep medicine cellar under the Herb Garden. Caves

reward careful exploration with minerals, herbs, and special discoveries, and their resources replenish over time.

Time, Seasons, and the Twenty-Four Solar Terms

The game year is divided into four seasons of twenty-eight days each: spring, summer, autumn, and winter. Within each season, the calendar is marked by six solar terms, ancient seasonal milestones that together make up the twenty-four solar terms of the classical year. A banner announces each new term, hinting at what is coming into season and how the world is changing.

The solar terms are not decoration. They tie crop growth, weather patterns, NPC activity, and the rhythms of village life into one coherent calendar. Planting by the term, resting by the season, and timing your care to the moment is part of living a healer's life. The Calendar tab in your Journal shows the month ahead, including birthdays, festivals, seasonal crops, and upcoming terms.

Within a single day, the four periods change more than the lighting. NPCs move through their schedules, some herbs only appear at certain times of day, and night rest restores your spirit more deeply than a daytime nap. The world gradually darkens from afternoon into night, settling the valley into evening.

Weather

The weather changes daily and shapes both your routine and the health of the village. Rain is a welcome gift: it waters every crop automatically, giving you a day off from the watering can. Wind, heat, frost, and snow, on the other hand, place stress on anyone who is unprepared, nudging their internal balance toward imbalance over time.

Each season carries its own tendencies. Spring is mild, summer brings heat, autumn turns dry, and winter brings cold. Different areas also carry their own ambient character: low, wet ground leans damp, breezy heights lean windy, and the herb garden stays calm and cool. Knowing where a villager spends their days helps you anticipate what might ail them and prepare gentle, preventive care before sickness takes hold.

Foraging Herbs and Quality

Wild herbs and resources are scattered across the world, waiting to be found. When you approach a forage spot it glows and shows a prompt; press the interact key to harvest it. Foraging is the backbone of your medicine cabinet, supplying the raw ingredients for everything you brew and craft.

Every herb carries a rarity, from common up through uncommon, rare, and beyond, shown as a colored border on its tooltip. Many herbs also carry a quality rating shown as stars. Higher rarity and quality strengthen an item's effects and can improve the quality and potency of what you craft. Better ingredients lead to better decoctions and stronger healing, so it pays to seek out the good stuff.

As your medical training deepens, your Perception improves, and with it your eye for the world. At higher Perception, rare herbs glow more brightly as you approach, and you become more attuned to subtle signs in the people and weather around you. Unpicked forage remains where it spawned. After you harvest a patch, it enters its own cooldown, then rolls for a new spawn when enough in-game days have passed.

- Approach a glowing forage spot and press the interact key to gather it.
- Check the tooltip: a colored border shows rarity, and stars show quality.

- Favor higher rarity and quality for stronger, more reliable medicine.
- Return after a few in-game days; different forage patches have different cooldowns.

Farming Crops

Find a patch of untilled soil and use a hoe to break the ground. Once tilled, the soil is ready to plant. Select a seed from your inventory and press the interact key on the tilled patch. The game checks whether that crop is in season; if it is, a seedling appears, and if it is not, nothing is planted, so you never lose seeds to an invisible rule. Trust the prompt: if the game lets you plant, the crop will grow.

Watering is essential. A crop only advances on days when it was watered, and missed care slows its progress and affects its condition. Rain counts as watering, so rainy days hydrate everything for free. Crops can still be lost to the wrong season or to poor field conditions, so keep an eye on the calendar and the soil. As a crop matures, a small progress bar fills beneath it; when it is full, the crop is ready and you press the interact key to harvest, gathering one or two items depending on the crop.

Seed saving happens automatically. Most crops have a chance to return a seed when harvested, so you can keep replanting from your own harvest. You can also collect seeds from the village's public warehouse on its supply days, or receive them as a gift from Dahlia the farmer. Crops are seasonal, growing only in the seasons that suit them, which keeps each season's garden distinct and tied to the calendar.

The Orchard and Fruit Trees

Some plantings are fruit trees rather than annual crops. Trees are permanent: you plant them once, they mature over time, and then they bear fruit in their fruiting seasons without replanting. In the current build, fruit trees grow on their own daily rhythm rather than using the crop watering system. A mature tree yields one or two pieces of fruit when harvested; check each fruit's tooltip to see which energy it restores.

The Orchard is the heart of fruit growing, with peaches, apricots, persimmons, lychees, longans, pears, and more among the twenty-three fruit-tree varieties, and stone terraces that carry a sense of the village's history. You can plant and tend fruit trees both in the Orchard and on your own homestead, building up a steady, renewable source of restorative fruit.

The Journal and Almanac

Your Journal is the guide to your whole life in the valley. Press I to open it, or jump straight to a tab with its shortcut key. It collects your character sheet, your belongings, your robot helper, your relationships, your quests, your discoveries, your achievements, your medical progress, and the calendar, all in one place.

Journal tabs

Tab	Shortcut	What it holds
Player	I	Your character sheet: the three core stats (Essence, Qi, Spirit), body type, traits, and equipment.
Inventory	B	Your backpack, equipped items, and the quick-access belt and hotbar.
Doudou	R	Your robot helper: its battery, upgrades, work tasks, and inventory.

Tab	Shortcut	What it holds
Folks	N	The villager roster with affinity levels, gift preferences, and recent cases you have treated.
Quests	Q	Active tasks grouped by type: story, training, board, and medical.
Codex	X	An illustrated encyclopedia of items you have found and recipes you have unlocked.
Feats	V	Seasonal accomplishments, disease patterns diagnosed, and formulas mastered.
Mastery	T	Your medical cultivation progress, insights into each axis, and recent learnings.
Calendar	C	A month view of birthdays, festivals, seasonal crops, and solar terms.

The Journal also tracks affinity for every villager and lets you review their favorite gifts before you visit. A separate medical notebook records every diagnosis and treatment you perform; you can open an item's notebook entry by right-clicking it in your backpack. Over time this builds a personal clinical reference, helping you recognize which ailments tend to strike which people under which conditions.

The Diagnosis Loop: An Overview

When a villager falls ill, they stay home, and you can offer to treat them. Doing so opens a healing session that moves through three connected stages: first you gather clues with the four examinations, then you identify the underlying pattern, and finally you carry out the treatment as a healing battle against the pathological factors at work. This loop is the strategic core of the game, and it rewards observation and reasoning rather than reflexes.

Behind the scenes, the game models health as a set of interacting imbalances rather than a single bar. External evils such as wind, cold, summer-heat, heat, dampness, and dryness shift with weather and place; pathological products - phlegm, qi stagnation, blood stasis, fluid deficiency, food stagnation, and blood deficiency - can build up when problems go unaddressed; and deeper deficiencies of qi, blood, fluids, yin, and yang can develop over time. Each illness is a combination of factors, never just one thing, and your job is to read that combination correctly.

Stage One: The Four Examinations

You gather clues using the four classical methods of examination: Observe, Listen, Question, and Pulse. Each reveals different aspects of the patient's condition, and most cost a little Spirit, so you choose where to look with care.

The four examinations

Method	Cost	How it works
Observe	Free	You automatically read the patient's complexion, tongue, and posture; these hints appear on their own.
Listen	2 Spirit	You attend to coughing patterns, breathing, and odors for clues.
Question	2 Spirit plus a token	You pick from symptom categories such as chills and fever, sleep and appetite, or pain location; questions draw on a limited supply of tokens per session.
Pulse	3 Spirit	A short rhythm mini-game: hold on the wrist diagram and match the pulse for a moment. Clearer spirit makes the rhythm easier to read.

Your Spirit and Perception shape how much you can perceive. With higher Spirit, the game offers more help: at the highest tier a diagnosis slot may auto-fill correctly and intuitive hints arrive earlier, while at the lowest tier some hints are hidden and the pulse method becomes unavailable. Greater medical Perception likewise reveals more of the likely suspects, making the pattern easier to pin down. Keep your Spirit topped up before a difficult case.

Stage Two: Pattern Diagnosis

Once you have gathered your clues, you fill in the diagnosis slots, typically a handful of blanks corresponding to the main pathological factors at play. You choose from the suspects your examinations revealed, assembling your best reading of the patient's condition.

The game then judges your accuracy with a star rating. Three stars means you read the pattern perfectly; two stars means you came close; one star means you were partly right; and zero stars means you missed. Related diagnoses earn partial credit, so naming a broadly correct factor still counts for something even if you missed its exact depth. Your stars carry forward as a bonus into the treatment stage, giving a strong opening to a well-reasoned diagnosis.

Diagnosis star ratings

Stars	Meaning
Three	Fully correct reading of the pattern.
Two	Close; most factors identified.
One	Partly correct.
Zero	Off the mark.

Stage Three: The Healing Battle and Treatment

In the final stage you treat the illness by acting against the pathological evils, using remedies drawn from herbs, formulas, acupoints, and lifestyle adjustments. There are no swords here; the battle is a contest of correct treatment against the factors you diagnosed. You work within a turn limit, which grows more generous as your mastery deepens.

On each turn you may first eat or drink something to restore a little of your own Qi or Spirit, which is free and does not use the turn. Then you select a remedy and apply it to one of the evils, which uses your turn. The evil may push back, draining some of your Qi and Spirit, and the round resolves. You win when every evil has been reduced to nothing before your turns run out.

Remedy types

Remedy	Character
Raw herbs	Single-focus, low cost, moderate effect.
Formulas	Multi-axis decoctions with stronger effect that can open up combinations.
Acupoints	Targeted needle and moxa treatment aimed at a specific organ or meridian.
Lifestyle	Rest, exercise, and diet adjustments: gentle but broad in their reach.

Skilled treatment is about sequence as much as selection. Using remedies in the right order triggers combinations, powerful synergies that resolve a case faster. After your first remedy, compatible follow-ups glow to hint at a pairing, so you can learn the combinations as you play. Watch the evils, too: as you wear one down, its figure visibly shrinks, helping you see at a glance which factors are nearly resolved and which still need attention.

If you defeat every evil in time, the patient is fully cured: their imbalances clear, and you earn mastery experience, affinity, and rewards. If your turns run out with evils still standing, the session ends without a cure; you still gain some mastery from the attempt, the patient's illness remains, and you can try again later. In formal illness treatment, remedies and food you consumed during the failed attempt are not returned, so prepare carefully. Healing rewards patience, and a careful diagnosis makes every battle easier.

Decoction and Formula Crafting

To brew medicine, visit a pot station. Every formula is built around a sovereign herb, the lead ingredient that defines the remedy's character. You always need at least one sovereign herb to anchor the formula. Around it you can arrange supporting roles: assistant herbs that shape and soften the effect, envoy herbs that direct it toward particular organs, and adjuvant herbs that temper side effects and harmonize the whole.

To brew, choose a formula from your unlocked list, confirm its sovereign herb, optionally customize it with the sub-ingredients you have on hand, and confirm the recipe. A pot of medicine results, ready to apply to a patient or to store for later. The quality of your ingredients carries through: higher-quality herbs make a higher-quality formula with greater healing power, so the herbs you gather and process feed directly into the strength of your medicine.

New formulas are taught to you over time as your skill grows, rather than appearing all at once. As your mastery deepens you unlock more advanced decoctions, and a bilingual compendium explains each formula's logic and when to reach for it, so the system teaches its reasoning as you learn it.

Cooking, Processing, and Forging

Beyond medicine, the valley offers several crafts, each at its own workstation. Together they turn what you grow and gather into food, shelf-stable ingredients, and useful tools.

- Cooking: combine fresh herbs and crops into meals that restore Qi and Spirit. Spiced dishes tend to restore more Spirit, while hearty stews restore more Qi.
- Processing: dry fresh herbs to make them keep longer and grow more potent, and process other materials into the ingredients your formulas need.
- Forging: smith metals and stones into tools, equipment, and parts. Better tools make your daily work faster and easier.
- Weaving and artisan work: turn fibers and materials into cloth, garments, and crafted goods at the loom and the benches.

Each station has its own set of recipes, and your repertoire grows as you play. You learn to use new ingredients automatically when you discover them, gain advanced formulas as your medical mastery deepens, and unlock new stations and tiers of recipes as you reach milestones in the village's story. Even when a recipe is available, you still need the right materials in hand, so gathering remains the true engine of progress.

NPCs, Relationships, and Gifting

The valley is home to a cast of around eighteen named villagers, each with a profession, a daily schedule, a personality, and their own preferences. You build relationships through an affinity system, tracked per villager in the Folks tab of your Journal, where you can also see each person's gift preferences before you visit.

You raise affinity by gifting villagers their favorite items, completing their requests from the board, treating their illnesses, and simply talking with them. Gifting a favorite item is the surest boost, a generally liked item helps a little, and a disliked gift can set you back, so it is worth checking preferences first. As affinity grows, villagers open up: you unlock story scenes that reveal their backgrounds, receive better cooperation and small kindnesses, and deepen your place in the community.

Some of the villagers you will meet

Name	Role
Angelica	Herbalist
The Village Chief	Village leader
Asher	Blacksmith
Dahlia	Farmer
Tobin	Cook
Theo	Cook apprentice
Dora	Carpenter
Rowan	Laborer
Garren	Hunter
Forsyth	Hunter apprentice
Magnolia	Tailor
Rayne	Tailor apprentice
Wren	Rancher
Cedric	Geology Professor
Quinn	Engineer
Faye	Healer
Emmett	Young Scientist

Healing is itself a form of relationship-building. When a villager is ill they stay home, and visiting to treat them is both rewarding and appreciated. Curing someone earns affinity, herbs, and mastery, and leaves them grateful; neglecting their illness can strain the bond. Caring for the village's health and caring for its friendships are, in the end, the same work.

Doudou, Your Robot Helper, and Upgrades

Doudou is a small robot companion you gain through the main story, after its third milestone. It is not alive, but it is a genuine help around the homestead. Doudou runs on battery power, and most tasks it performs consume some charge. You can command it to follow you as you explore, return home and wait, forage for herbs in the current area, fetch water, or carry out farming and gathering tasks you assign. It also carries its own backpack, so you can offload herbs and crops to free up your own space and treat it as a mobile storage locker that follows you everywhere.

Doudou improves through four kinds of upgrade, each rising through tiers as you supply rarer materials and the binding remedies that go with them.

Doudou's upgrade tracks

Upgrade	What it improves
CPU	Its abilities and the range of commands it can carry out, including how many tasks it can queue.
Memory	How many farms, routes, neighbors, and storage locations it can remember.
Battery	Its energy capacity and how well it recharges, including passive regeneration at higher tiers.
Shell	Its movement speed and how many backpack slots it carries.

Of these, the CPU is the gate on what Doudou can actually do: higher CPU tiers teach it new behaviors such as foraging learned routes, gossiping and reporting back, delivering items, mining and chopping, and eventually proposing helpful tasks of its own. The other tracks tune how far, how long, how much, and how much it remembers. As your robot grows more capable, it shoulders more of the daily routine, leaving you free for the work only a healer can do.

The Village Board, Tasks, and Quests

The village board in the square is where requests and tasks come together. You can post your own requests for items you need, offering a reward item in return, and villagers may fulfill them and deliver to you. Villagers also post their own needs; accept one and complete it for affinity and item rewards.

Your broader quests, from the main story to training tasks and accepted board jobs, all gather in the Quests tab of your Journal (press Q), grouped by type. The main story unfolds across a series of quests that guide you through the village's life and gradually open up new systems, areas, and crafting stations as you progress. Accepting a quest places a marker to help guide you toward the next step, so you always know where to go without breaking the gentle pace of the day.

The Temple: Prayer and Offerings

In Bamboo Valley stands a small temple with a prayer cushion and a merit box, a quiet place to pause. Kneel at the cushion and press the interact key to pray - a gentle, centering moment marked by a soft chime, a warm glow, and a line of old scripture. You may pray once each solar term. Having prayed, open the merit box, where the community's offerings gather: keep a wishlist of the kinds of things you hope for, then claim an offering to receive one, drawn by chance from that list.

The whole ritual is gentle and entirely optional, turning with the seasons about once a solar term. It costs you nothing: you simply pray, set what you would like on your wishlist, and collect what the temple offers. Think of it as a quiet moment and a small seasonal gift, never something you must do to flourish.

Player Stats: Essence, Qi, and Spirit

Your wellbeing rests on three core stats, shown together in a corner of the screen. Most activities draw on one of them, and keeping all three in good supply is the quiet discipline of a healer's day.

The three core stats

Stat	Meaning
Essence	Your deep, lasting stamina. It drains slowly from sustained overwork and restores with sleep, governing your endurance over many days.
Qi	Your everyday energy and the primary cost of action. It drains from walking, foraging, crafting, and treating, and restores from food and rest.
Spirit	Your mental clarity. It drains from diagnosis and concentration and restores from sleep and quiet, and it is essential to medical work.

Each stat has a maximum shaped by your constitution and your cultivation, and each can be raised over time. Try to act beyond what you have, though, and there are consequences. If your Qi runs low, heavy work is refused until you rest or eat; a depleted Spirit makes careful work like diagnosis harder; and grinding down your Essence through long overwork takes a quieter but real toll. Illness, harsh weather, and stress can also apply temporary penalties that raise your costs or dull your senses, while good food, kind gifts, and a day of successful care can ease your burdens. The wise healer paces the day and rests before running dry.

Rest, Fatigue, and Saving

Sleep is your rest and your recovery. Find a bed, press the interact key, and choose to sleep. The screen fades, a brief summary of the day's accomplishments scrolls by, and you wake the next morning with your stats restored according to the quality of your sleep. The game keeps an automatic save each time you wake into a new day, and again whenever you complete a quest, so you rarely lose progress.

You are not limited to the automatic save. A Healer's Almanac keeps eleven save slots in total: one automatic slot and ten manual slots. Open the pause menu with Escape during normal play to save to a manual slot or load a saved slot; active main-story scenes and some non-gameplay states temporarily disable manual saving. You can also load existing saves from the title screen. That lets you keep more than

one game in progress, or step back to an earlier day if you wish.

Sleep quality is not always perfect. Carrying heavy internal imbalance or very low Spirit into bed reduces how much you recover, which is another reason to tend your own wellbeing rather than only the village's. A calm, balanced healer wakes refreshed; one who has pushed too hard wakes only partly restored.

If your Qi runs out, you do not faint. Instead you become weakened: heavy work such as mining, chopping, and tilling is refused until you recover by resting or eating, while lighter activities still work. An empty energy bar is a signal to slow down - eat something, take a moment to rest, or head for a bed - rather than a hard stop.

May your seasons be gentle and your patients well. Welcome to the village, healer.

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