

# Digestive

August 3, 2022



Generate Trait

d100	Trait
01–15	<a href="#">Acid Reflux</a>
16–30	<a href="#">Constipation</a>
31–47	<a href="#">Diarrhea</a>
48–80	<a href="#">Food Intolerance</a>
81–97	<a href="#">Incontinence</a>
98–100	<a href="#">Pervasive Hunger</a>

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# Rash

August 3, 2022

Your body has an itchy rash that covers (IE × 20 percent) of it. This can include discoloration, hives, blisters, lesions, pustules, scaling, peeling, and/or sores. Because of the itchy distraction, you must succeed on a DC 5 + (IE) Constitution saving throw to maintain concentration each round on an applicable spell. You must also succeed on a DC 5 + (IE)

Constitution saving throw every day or develop Infection.

### **Real-world Examples**

Rosacea, Impetigo, Ringworm, Dermatitis, Eczema, Psoriasis, Lupus, Cellulitis, Hand, Foot, And Mouth Disease

### **Assistive Options**

A successful DC 8 + (IE) Wisdom (Medicine) check with proper application of oil and herbs will reduce the IE by 1 for 2d4 hours.

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# **Paresthesia & Phantom Pain**

August 3, 2022

You experience stimulation unrelated to external stimuli in your extremities, even those you don't have, such as an amputated limb or wings. This may manifest as tingling all the way to sharp pain. Whenever you experience this while you are concentrating on a spell, you must succeed on a DC 8 + (IE) Constitution saving throw to maintain your concentration.

### **Real-world Examples**

Radiculopathy, Neuropathy, Diabetes, Multiple Sclerosis, Phantom Pain Syndrome

### **Assistive Options**

Taking at least (IE) short rests each day (spread evenly throughout the day) will reduce Paresthesia by 1 IE until the next needed short rest.

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# Hyperelasticity

August 3, 2022



Your skin is soft and thin like velvet. It bruises, scars, and tears easily and heals slowly. You heal (IE) × 20% less hit points from a rest (minimum 1). If you have multiple traits, you may choose Dislocation or Flexibility as one or more of them.

## Real-world Examples

Ehlers-Danlos Syndrome, Marfan's Syndrome, Pseudoxanthoma Elasticum, Osteogenesis Imperfecta, Down Syndrome

## Assistive Options

Skin hyperelasticity doesn't have standard assistive help, but extra time for healing when needed is helpful.

## Magical Assistance

Damage taken while affected by a hardening effect such as Barkskin and Stoneskin will heal at the normal rate.

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# Fissures

August 3, 2022

Your skin is fragile and often dry, leading to ongoing splits even without taking damage. You must succeed on a DC 5 + (IE) Constitution saving throw every day or develop Infection.

## Real-world Examples

Dermatitis, Psoriasis, Eczema, Diabetes, Angiopathy

## Assistive Options

Washing the affected areas and applying oil three times per day will reduce the IE by 1 the next day.

## Magical Assistance

Healing magic can be applied directly to splits to prevent infections instead of healing hit points.

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# Hair Material Difference

August 3, 2022



Your hair is composed of an unusual material. Choose or roll on the following table. Unless otherwise noted, this gives you +(IE) to Dexterity (Sleight of Hand) checks but -(IE) (up to -4)

to disguise checks or Dexterity (Stealth) checks to blend into a crowd as well as a -(IE) penalty on Charisma (Persuasion) checks with those who don't know you due to many people's discomfort around those with unexpected appearances.

Generate Trait

d20	Hair Material
1-4	Bone
5-6	Crystal
7	Fire
8-10	Moss
11-12	Smoke
13-14	Spores
15	Tendrils
16-18	Vines
19-20	Webs

- **Bone.** Instead of hair growing from your scalp, your skull has produced irregular bone patterns that extend out of your head (IE) × 2 inches. You cannot wear most helmets or hats.
- **Crystal.** Your hair is composed of flexible transparent crystal, causing it to sparkle. You do not have the penalty on Wisdom (Perception) checks due to the perceived beauty of the crystal. This condition has no IE.
- **Fire.** Your hair follicles on your scalp produce a chemical that combusts when in contact with oxygen, which burns any hair that would grow there with the light and heat of a standard torch with only trace amounts of smoke. Your sweat glands on your scalp also produce an oil that protects your skin from the fire. This condition has no

IE. Because of the danger of an open flame, most people will not allow you near their buildings. Disguise without magical means is nearly impossible. You have disadvantage on most Dexterity (Stealth) checks. You can't wear most hats, metal helmets will be affected as if by a [Heat Metal](#) spell, and you are not immune to the fire on the rest of your body. Attempting to smother the fire may be possible if covered completely so no air can reach it, but your head still produces the chemical, so as soon as the covering is removed, a flame twice the size and intensity burns for 1 round as the material is quickly consumed.

- **Moss.** Your hair follicles have moss spores growing in them that produce a layer of moss on your head. The moss has a distinct odor that gives creatures with heightened smell a +1 to Wisdom (Perception) checks to find you. This condition has no IE.
- **Smoke.** Your hair follicles emit a cloud of smoke that creates a heavily obscured area in a 10-foot radius per round. A moderate wind (at least 10 miles per hour) disperses the smoke in 4 rounds; a strong wind (20 or more miles per hour) disperses it in 1 round. Keeping your head wet will prevent this smoke from spreading and will create a growing paste of wet ash-like particles. Most building owners will not want you inside if not controlled. The smoke has a distinct odor that gives creatures with heightened smell a +1 to Wisdom (Perception) checks to find you. This condition has no IE.
- **Spores.** Your scalp produces fungal spores in a 5-foot radius that appear as a faint dusty mist around you. You are immune to these spores. Any creature that breathes and comes within range must succeed on a DC 5 Constitution saving throw against poison damage once per minute spent in range or develop [Pneumonia](#) in 2d4 days. This condition has no IE. A tight hat will limit the spread and reduce

the saving throw to DC 3.

- **Tendrils.** 2d4 animated tendrils (IE) × 2 feet in length grow from your head. They act independently and seemingly randomly, knocking over nearby objects, unless you succeed on a DC 8 + (IE) Constitution check and maintain concentration. Once controlled, they can lift and move objects up to five pounds each but cannot attack.
- **Vines.** Your scalp produces leafy vines that grow 1/2 inch per day. If harvested, the leaves are edible, although most people wouldn't eat them due to their origin. This condition has no IE.
- **Webs.** Your hair grows as a strong sticky filament that grows 1 inch per day. Left unmanaged, it becomes a sticky ball. If carefully groomed with an oiled comb, it can be harvested as a rope or a net. If a creature is restrained with this rope, as an action, the restrained target can make a DC 8 Strength check, bursting the webbing on a success. The webbing can also be attacked and destroyed (AC 8; hp 3; vulnerability to fire damage; immunity to bludgeoning, poison, and psychic damage). This condition has no IE.

### **Real-world Examples**

Monilethrix, Pili Torti, Trichorrhexis, Trichothiodystrophy, Pili Trianguli et Canaliculi, Pili Multigemini, Pili Bifurcati, Pili Annulati

### **Assistive Options**

These unique hair traits have individual means of management, and other party members can help with patience and by asking how to be helpful.

### **Magical Assistance**

Magic that alters appearance can temporarily give the appearance of typical hair in some cases.

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# Hair Growth Difference

August 3, 2022

You have reduced (70%) or excessive (30%) hair growth relative to your ancestry. Choose or roll on the following table.

IE	Reduced	Additional (Cumulative)
1	Missing 50%+ of hair on top of head	Body hair noticeably thicker than average
2	Bald head	Noticeable hair growth in unusual places
3	No hair on face & head	Thick fast-growing facial hair
4	No hair on body	Body, including face, covered in thick hair except nose, palms, & soles

Both of these are mostly cosmetic and cultural, which may result in a -(IE) penalty on certain Charisma checks, depending on the culture. The player and GM should discuss the effect in their campaign world. In extremely hot or cold environments, the saving throws as outlined in official fifth edition sources have a bonus or penalty of 1/2 per IE accordingly.

## Real-world Examples

Alopecia, Telogen Effluvium, Lichen Planopilaris, Folliculitis Decalvans, Dissecting Cellulitis

## Assistive Options

Hats, wigs, makeup, or shaving regimens can help conceal hair growth differences.



## Magical Assistance

Magic that alters appearances can temporarily give the appearance of typical hair.

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# Blistering

August 3, 2022



You have blisters over  $(IE) \times$  ten percent of your body. If you wear armor, you must wear additional padding to protect your skin from it or lose  $(IE)$  hit points per day as it snags, so you have disadvantage on Constitution saving throws in extreme heat as outlined in official fifth edition sources. Because of frequent [Fissures](#) in your skin, you must succeed on a DC 5 +  $(IE)$  Constitution saving throw every day or develop [Infection](#).

## Real-world Examples

Autoimmune Blistering Diseases, Genetic Blistering Disease, Grover's Disease, Erythema Multiforme, Porphyria Cutanea Tarda, Staphylococcal Scalded Skin Syndrome, Impetigo

## Assistive Options

A successful DC 8 +  $(IE)$  Wisdom (Medicine) check (with advantage if assisted) will give a +2 bonus to the daily Constitution saving throw.

## Magical Assistance

Healing magic applied directly to the blisters will eliminate the need for the daily Constitution check but must be applied daily.

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# Sweat Difference

August 3, 2022

You sweat more than usual and possibly an unusual substance. Choose or roll on the following table.

Generate Trait

1d20	Discharge
1-7	Blood
8	Honey
9-11	Oil
12-19	Saline
20	Venom

- **Blood.** Blood drains out of your skin at a rate of (IE) ounces per day. Because of this blood loss, you need to eat more to compensate, consuming an additional (IE) days' worth of food per week to avoid exhaustion.
- **Honey.** A honey-like substance flows from your skin at a rate of (IE) ounces per day. While this substance is edible and tastes similar to honey, most people are reluctant to consume it, considering its source. Because of its sweet smell, it attracts insects and other animals,

and if not properly cleaned, it will leave contacted substances sticky.

- **Oil.** An oil similar to lamp oil drains out of your skin at a rate of  $(IE) \times 8$  ounces per day. If collected, it can be used for lanterns and other practical uses, but if not collected or washed away consistently, it gets on your hands, clothes, and items, making it difficult to hang onto anything. Consequently, anytime you're handling an object during a tense situation (e.g., a weapon in combat), you must succeed on a DC 10 Dexterity saving throw to avoid dropping the object. You also take an additional  $(IE)d4$  from all fire attacks.
- **Saline.** You sweat typical saline sweat but at a rate of  $(IE)2 \times 8$  ounces per day. Because of this fluid loss, you need to drink additional water to assist with the loss to avoid Dehydration and exhaustion.
- **Venom.** A toxic substance leaks from your skin at a rate of  $(IE)$  ounces per day. You are not immune to this substance, so if not contained somehow, in any situation where you take damage that is not psychic or bludgeoning, you need to succeed on a DC 10 Dexterity saving throw with a  $-(IE)$  penalty to avoid getting it in a wound. A creature subjected to this poison must succeed on a DC 11 Constitution saving throw, taking 7 (2d6) poison damage on a failed saving throw, or half as much damage on a successful one.

While referred to here colloquially as venom, this reflects real life examples where an irritant or contagious liquid is expelled.

### **Real-world Examples**

Anxiety, Acromegaly, Diabetic Hypoglycemia, Hyperthyroidism, Leukemia, Lymphoma, Malaria, Pheochromocytoma, Tuberculosis

## Assistive Options

While in a cold environment, the IE decreases by 1.

## Magical Assistance

The [Prestidigitation](#) spell can clean the affected area but does not stop the discharge.

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# Nail Difference

August 3, 2022

Your nails have a shape (30%) or color (70%) not typical for your ancestry. Shape differences can include thickness, irregular thickness, clubbing, or spooning. If you have claws as natural weapons, the damage they cause is reduced by (IE). If discolored, while most commonly yellow or black, your nails can be any color. This gives a -(IE) penalty on all Dexterity (Sleight of Hand) checks.

## Real-world Examples

Beau's Lines, Clubbing, Koilonychia, Leukonychia, Mees' Lines, Onycholysis, Terry's Nails, Yellow Nail Syndrome

## Assistive Options

You can paint your nails or wear gloves to cover your irregularities as long as you're in an environment where that's appropriate.

## Magical Assistance

Magic that alters your appearance can also change the appearance of your fingernails.