

# *The MGI Maternal Genomics Framework*



## **The Six Pillars of Maternal Maternal Genomics**



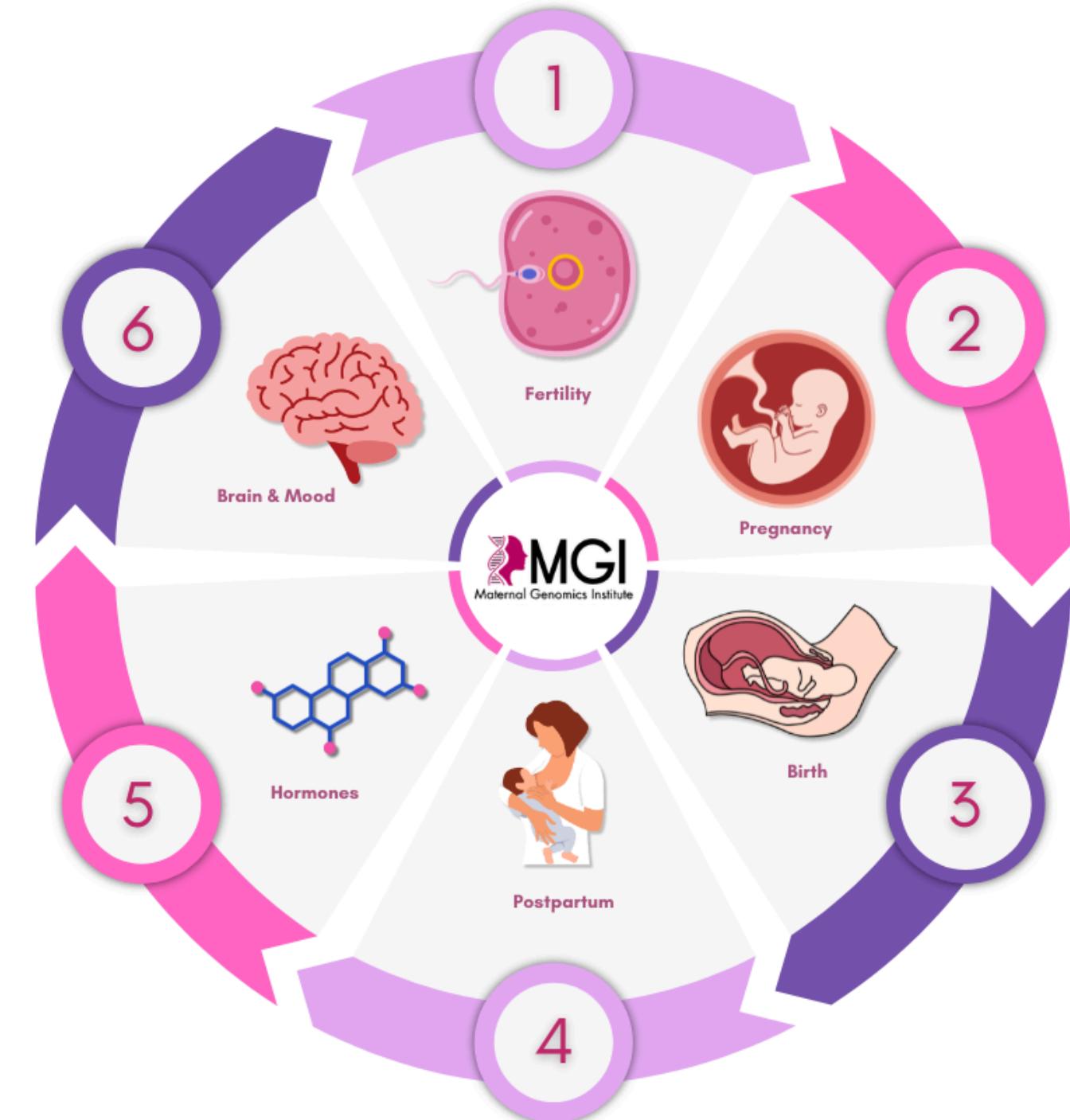
## *Why The Pillars Exist*

- Maternal health is multidimensional
- Genomic tendencies influence multiple stages
- The pillars bring structure to a complex journey
- They help practitioners support with clarity + compassion



## WHAT THESE PILLARS REPRESENT

- A complete map of the maternal experience
- Six core domains shaped by physiology + lived experience
- A framework for interpreting maternal tendencies
- **Not diagnostic**



## THE 6 MGI PILLARS OVERVIEW

The MGI Pillars represent the six interconnected biological areas that shape the maternal journey—from fertility to postpartum recovery, and beyond.

# *How The Pillars Support Practice*

- Provide direction for sessions
- Help practitioners identify patterns
- Reduce overwhelm by offering a clear structure
- Make maternal genomics accessible to all disciplines





# *How the Pillars Work Together*

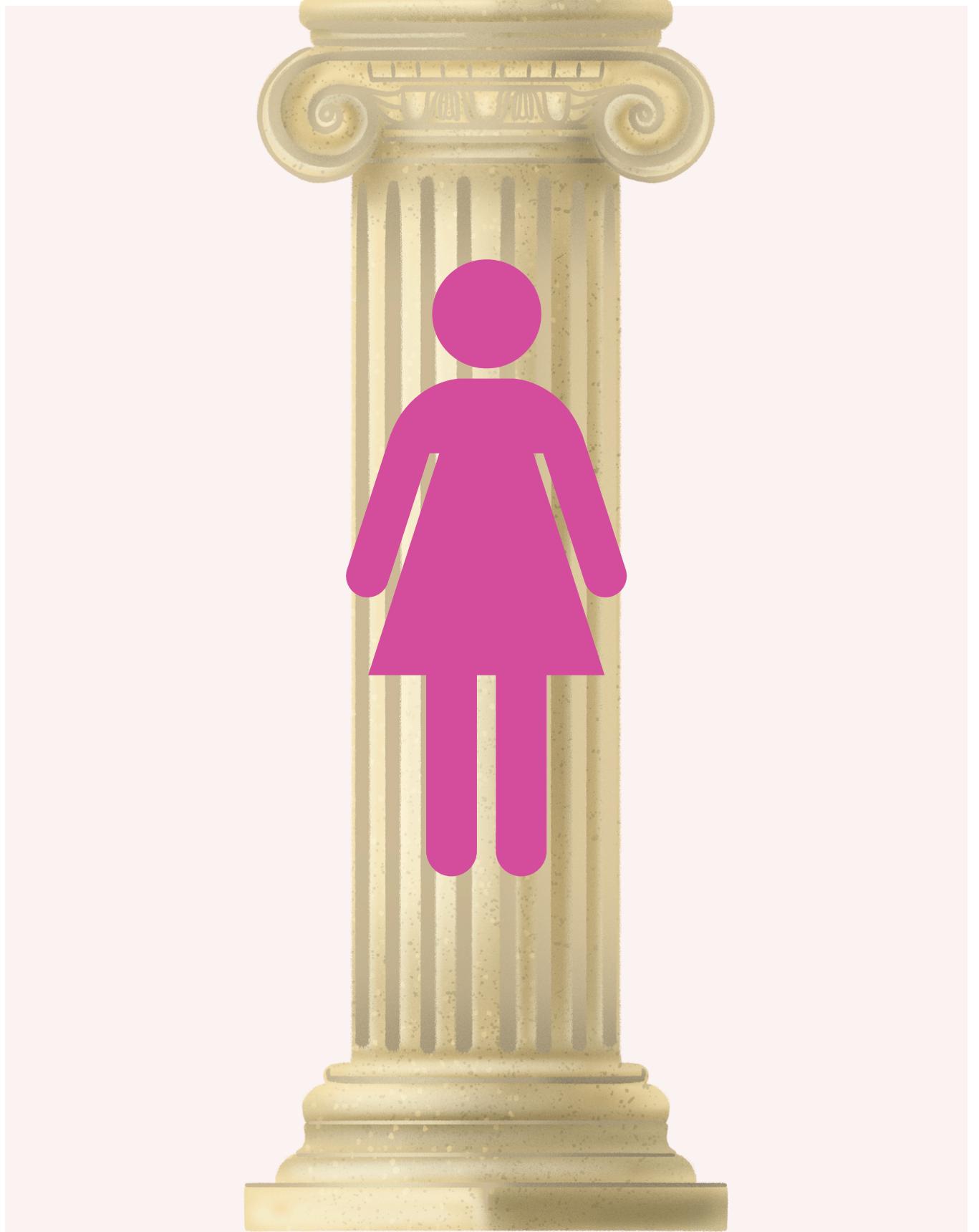
- Each stage influences the next
- Tendencies may repeat across time
- Patterns provide insight into support needs
- The pillars turn maternal complexity into clarity



# *Pillar 1: Women's Hormonal Health*

## **WHAT IT REPRESENTS**

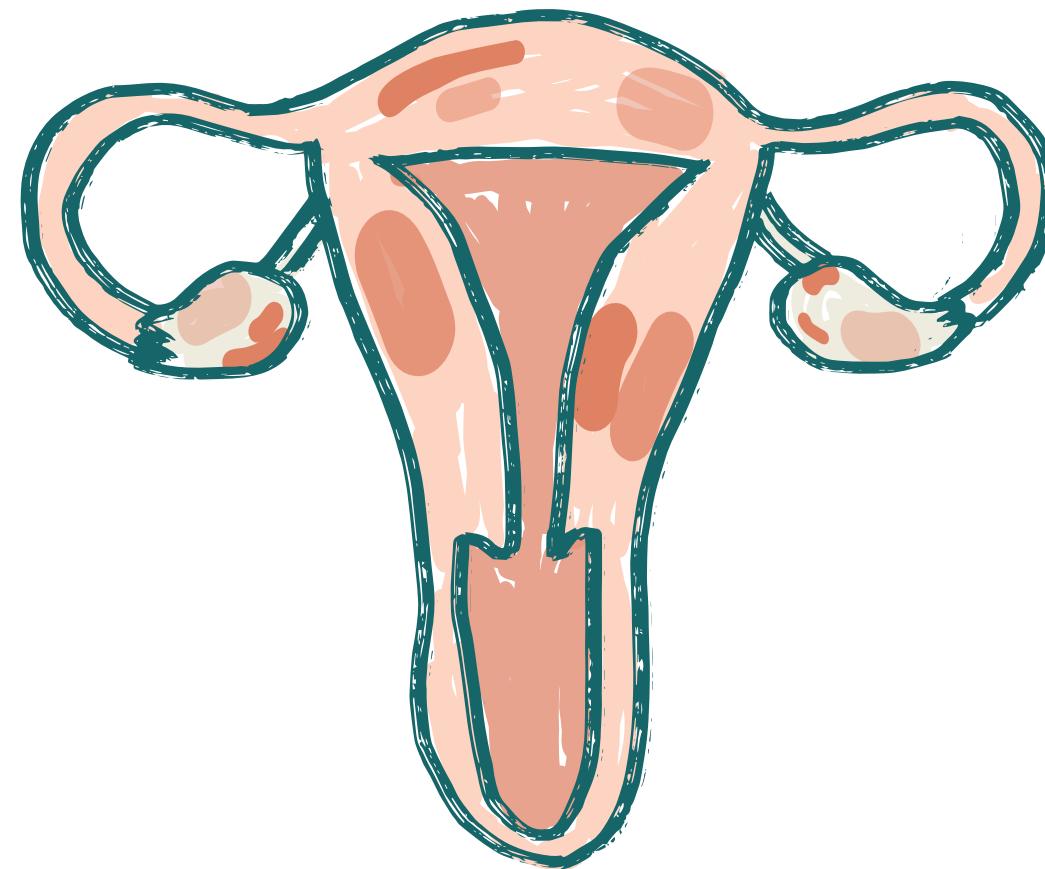
- A woman's cyclical rhythm, hormonal balance, and how her body transitions through monthly shifts.



## **WHY THIS PILLAR IS INCLUDED:**

- It reveals her baseline physiology
- Hormonal patterns influence conception, pregnancy, mood, energy, and postpartum
  - Genomics helps explain why women experience hormonal changes differently

# *How Tendencies May Show Up*



- PMS intensity
- Emotional fluctuations
- Cycle irregularity or sensitivity
  - Luteal-phase fatigue
- Stress-related cycle changes
- Shifting nourishment needs

**(These are **expressions** — not **diagnoses**.)**

# *Why Practitioners Need This Pillar*

**Sets the stage for  
fertility + pregnancy**

**Helps normalize variations in  
hormone experiences**

**Guides supportive conversations  
(within scope)**

**Helps the practitioner anticipate  
client needs across stages of life**

# *How Pillar 1 Connects to Others*

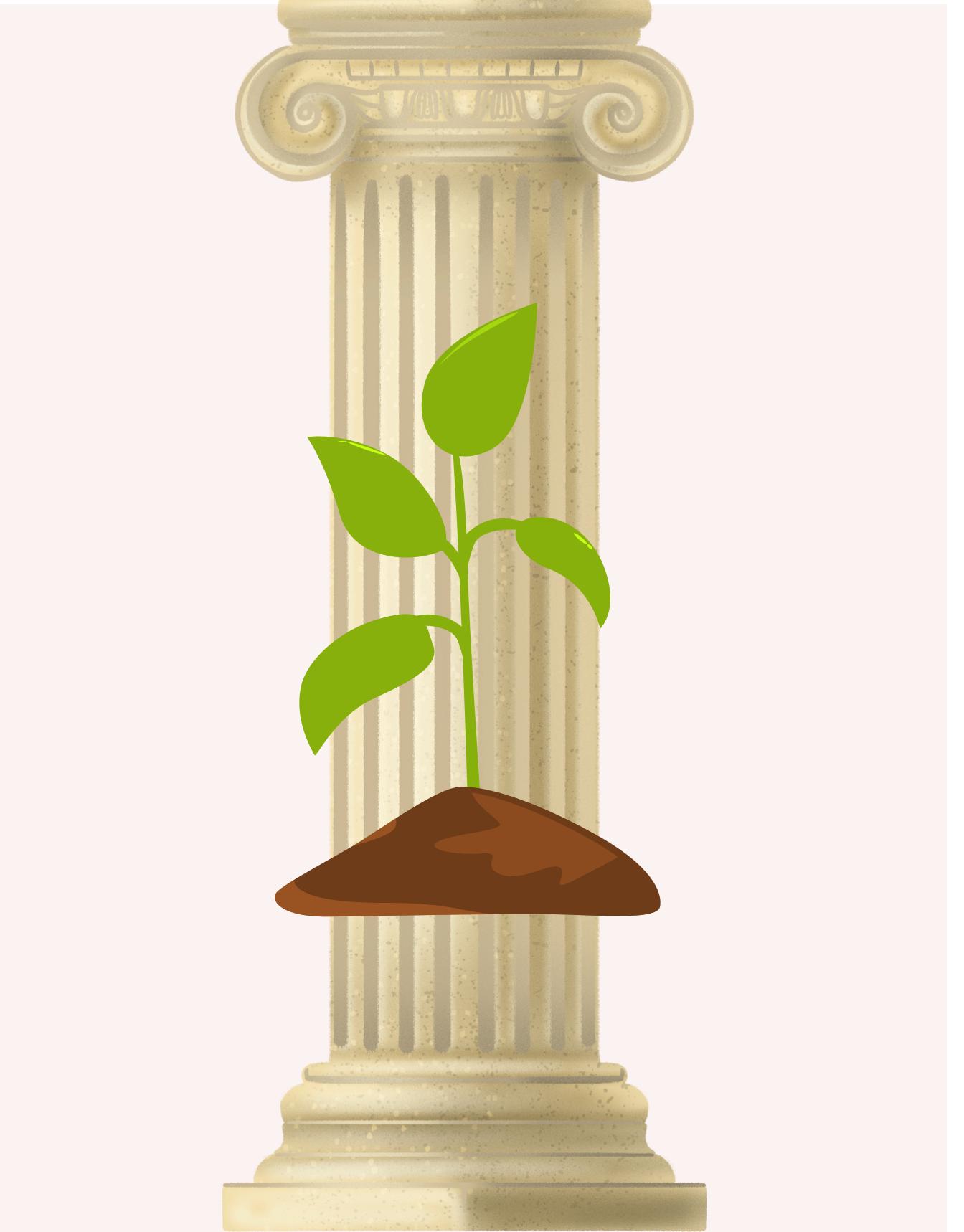


- Hormonal stability affects conception
- Cycle patterns relate to early pregnancy symptoms
  - Stress + hormones influence birth experiences
  - Hormonal recalibration shapes postpartum mood

# *Pillar 2: Fertility*

## WHAT IT REPRESENTS

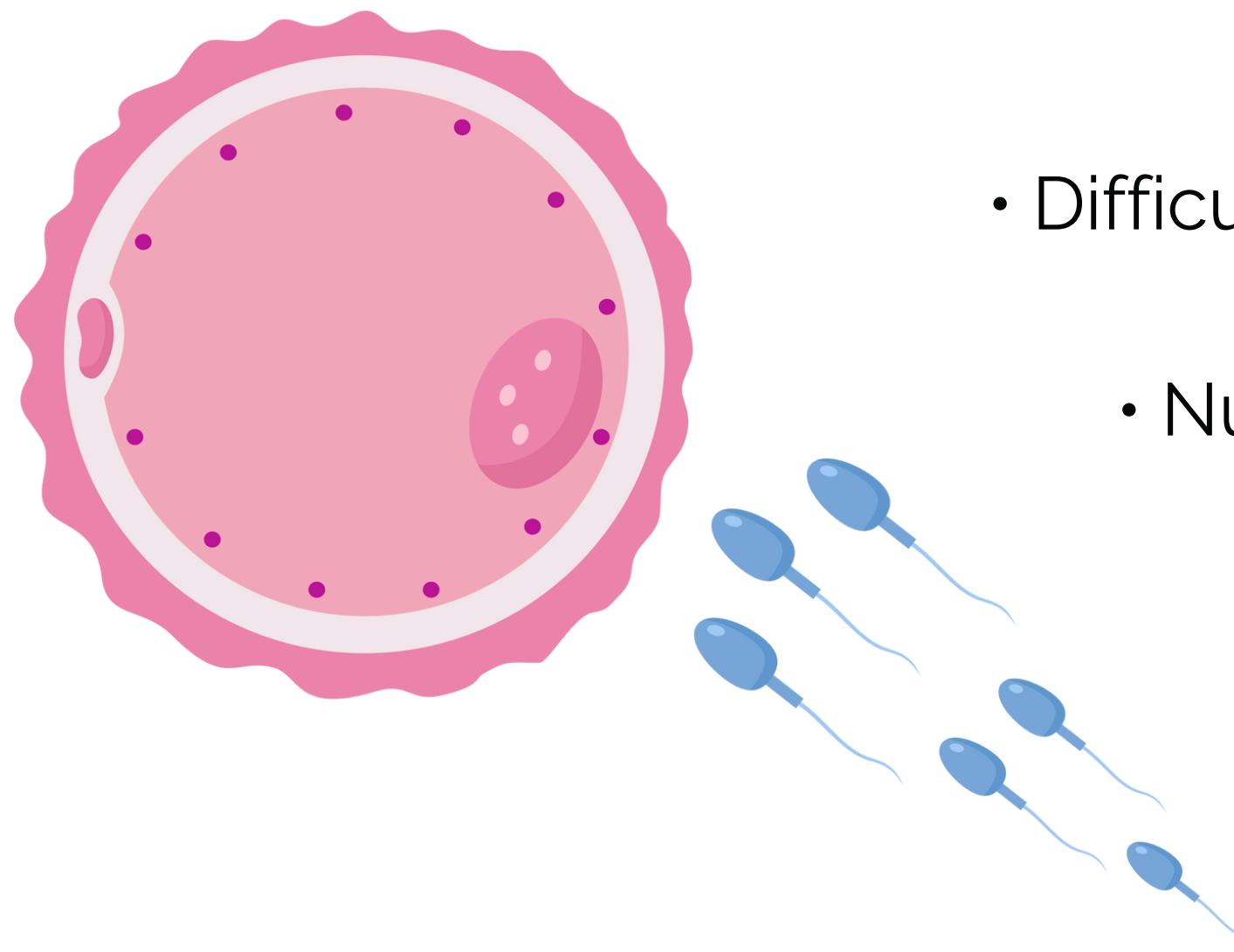
- A woman's preconception physiology — how her body prepares for and supports conception.



## **WHY THIS PILLAR IS INCLUDED:**

- Fertility reflects overall maternal readiness
- Genomic tendencies can influence nourishment, energy, and stress resilience
- Helps decode “unexplained fertility struggles” compassionately

# *How Tendencies May Show Up*



- Difficulty conceiving (experience-based, **not diagnosis**)
  - Sensitivity to stress during cycles
  - Nutrient depletion or higher nourishment needs
    - Emotional intensity around TTC
    - Variations in ovulatory patterns

# *Why Practitioners Need This Pillar*

**Helps hold space for fertility challenges**

**Reduces self-blame for clients**

**Guides individualized fertility preparation**

**Supports emotional + nervous system regulation**

# *How Pillar 2 Connects to Others*

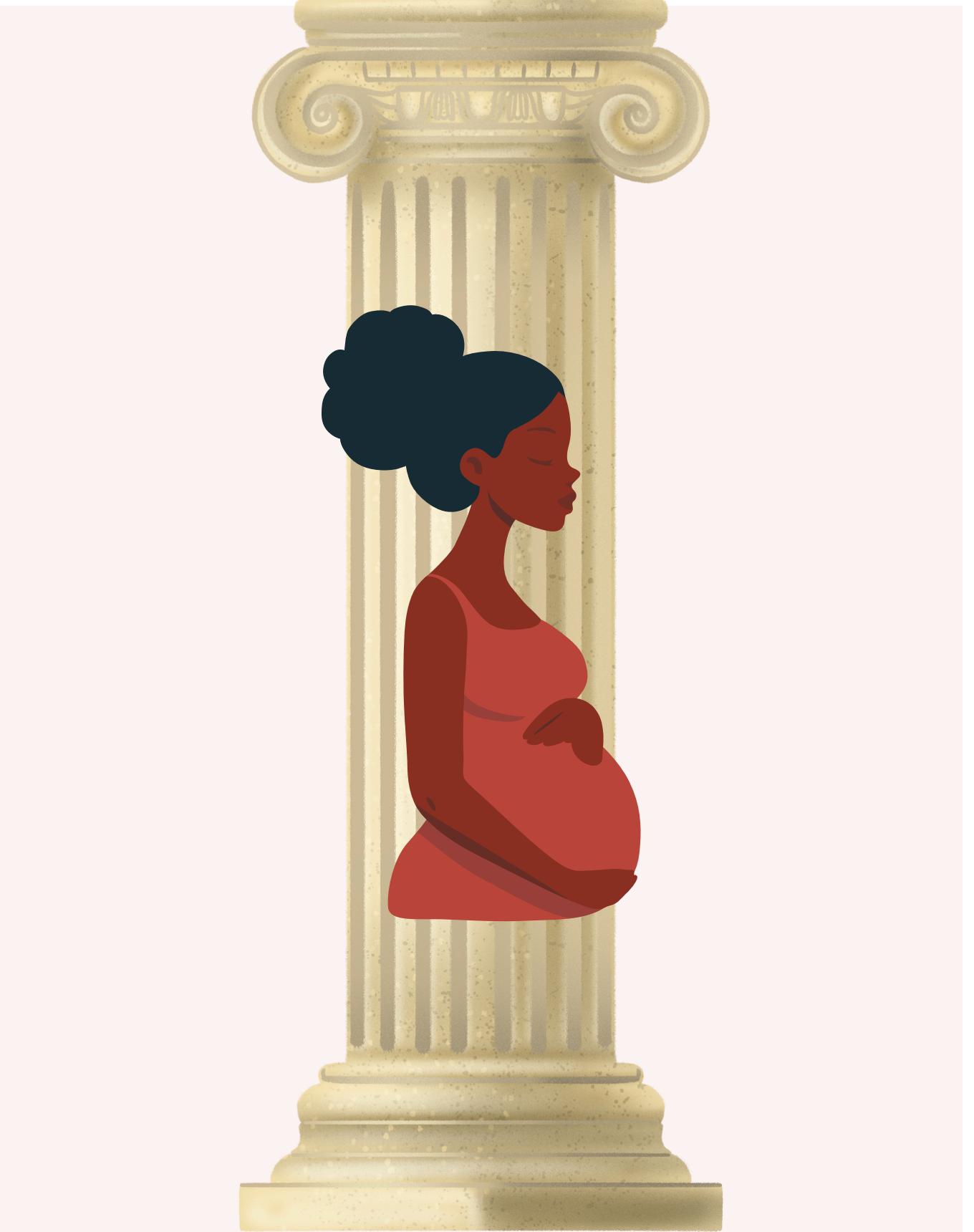
- Fertility tendencies often reappear in pregnancy
- Early pregnancy symptoms may reflect preconception patterns
  - Emotional patterns can continue into postpartum
- Stress + nourishment foundations influence long-term maternal mental health



# *Pillar 3: Pregnancy*

## WHAT IT REPRESENTS

- The physiologic and emotional landscape of pregnancy – how a woman's body adapts, shifts, and expands to support new life.



## **WHY THIS PILLAR IS INCLUDED:**

- Pregnancy amplifies underlying tendencies
- Genomics helps explain why women experience pregnancy differently
- Creates context for nausea, fatigue, emotional changes, and sensitivity
- Supports personalized prenatal care (within scope)

# *How Tendencies May Show Up*

- Heightened sensitivity to hormonal changes
  - Nausea or appetite shifts
    - Energy fluctuations
  - Strong emotional responses
  - Difficulty relaxing or sleeping
    - Sensory overwhelm
- Concerns about nourishment or weight changes

**(These are expressions — not predictions.)**



# *Why Practitioners Need This Pillar*

**Helps normalize a wide range of pregnancy experiences**

**Reduces fear around intensity or unexpected symptoms**

**Allows practitioners to tailor support for each woman's needs**

**Strengthens trauma-informed care**

# *How Pillar 3 Connects to Others*

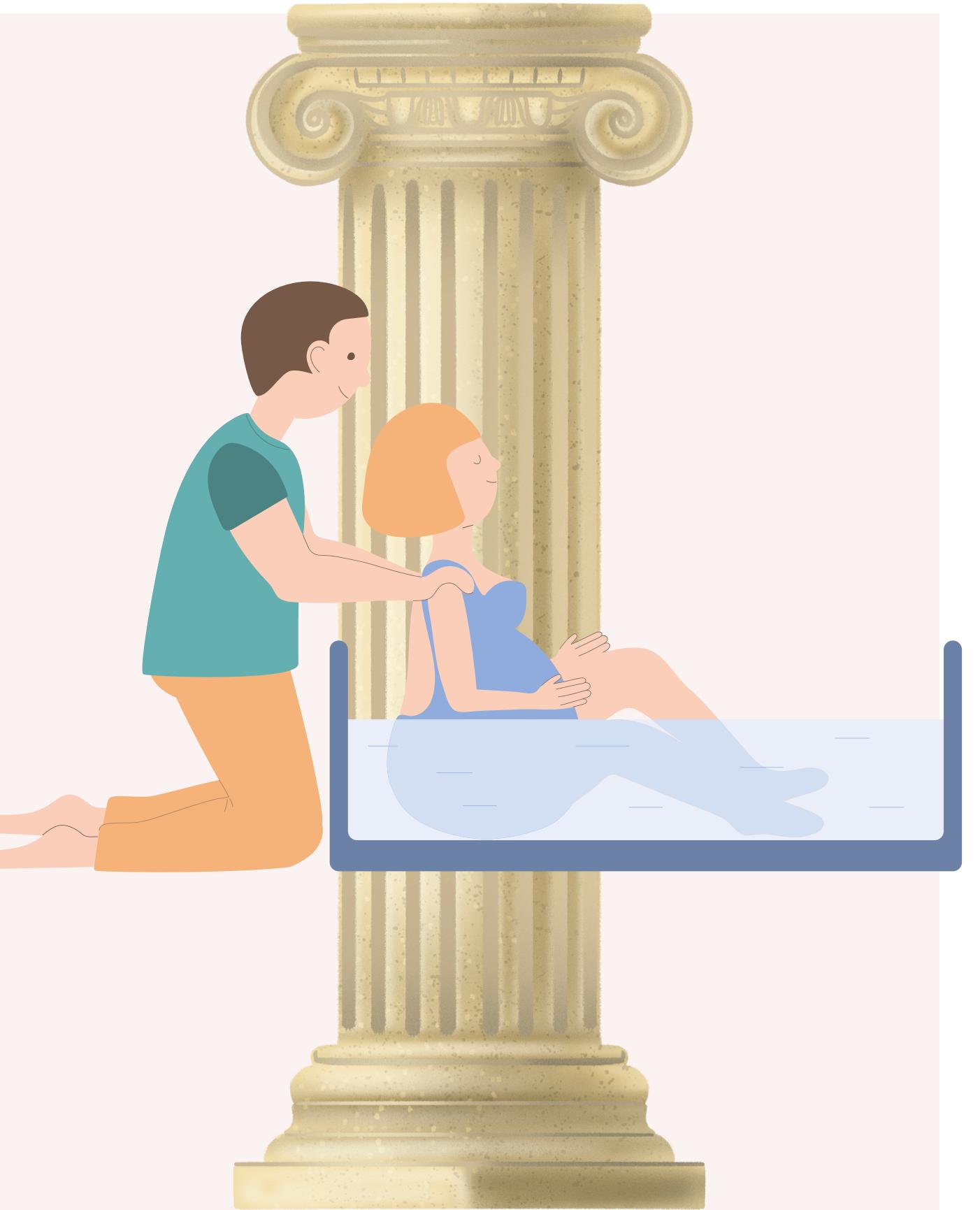
- Early pregnancy reflects preconception patterns
  - Stress + sensitivity influence birth
- Pregnancy tendencies often reappear postpartum
- Energy + mood tendencies shape fourth-trimester recovery



# *Pillar 4: Birth*

## WHAT IT REPRESENTS

- The physiologic, emotional, and sensory experience of labor — a profound transition shaped by internal and external factors



## **WHY THIS PILLAR IS INCLUDED:**

- Birth reveals how a woman's body responds under intensity
  - Genomic tendencies can shape coping style, sensory needs, and stress response
  - Understanding tendencies supports individualized birth preparation
  - Creates clarity without prediction

# *How Tendencies May Show Up*



- Differences in stress response
- Variations in contraction patterns
  - Sensitivity to environment
- Emotional overwhelm or deep focus
- Differences in endurance or fatigue
- Slower or faster recovery during birth

**(Again – tendencies, not outcomes.)**

# *Why Practitioners Need This Pillar*

**Helps doulas, midwives, and other educators to tailor support birth support**

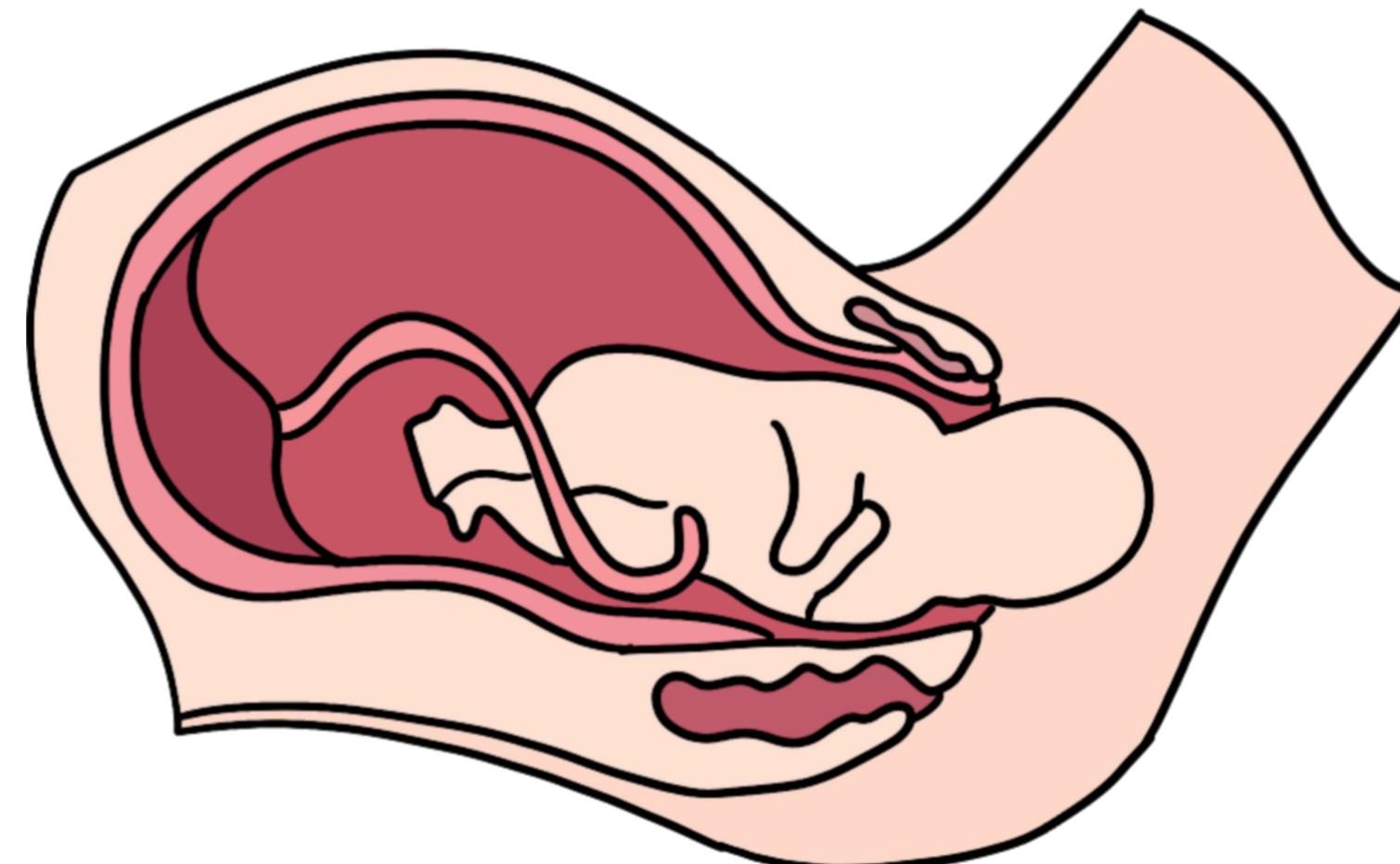
**Deepens understanding of why birth is different for every woman**

**Guides coping strategies and sensory planning**

**Strengthens non-clinical birth preparation**

# *How Pillar 4 Connects to Others*

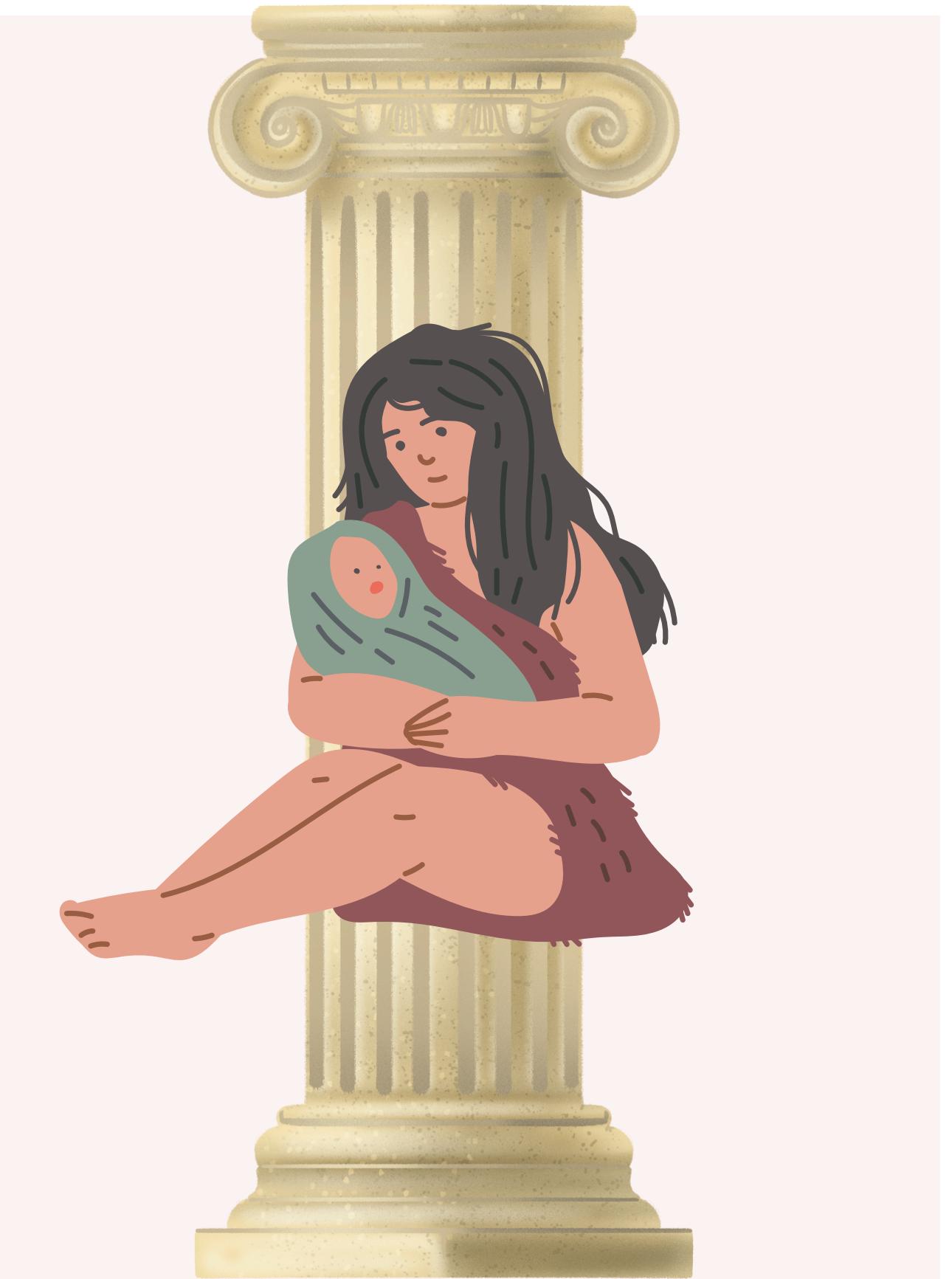
- Stress patterns mirror earlier pregnancy experiences
- Hormonal and emotional rhythms influence labor progression
  - Birth experience shapes early postpartum recovery
  - Nervous system patterns affect bonding and mood



# *Pillar 5: Postpartum*

## WHAT IT REPRESENTS

- The fourth trimester – a period of recalibration, healing, nourishment, and emotional transition.



## **WHY THIS PILLAR IS INCLUDED:**

- Postpartum reveals long-standing tendencies more intensely
  - Genomics helps explain why recovery varies
- Supports understanding of mood shifts, breastfeeding experiences, and healing needs
- Provides a framework for individualized postpartum care

# *How Tendencies May Show Up*



- Slower or faster physical recovery
  - Mood sensitivity
- Emotional processing intensity
  - Stress tolerance shifts
  - Sleep changes
  - Nourishment needs
- Breastfeeding challenges or emotional overwhelm

**(Always support-focused — never diagnostic.)**

# *Why Practitioners Need This Pillar*

**Can help reduce shame around recovery differences**

**Normalizes emotional + physical changes**

**Supports postpartum planning + nourishment**

**Strengthens mother-centered support**

# *How Pillar 5 Connects to Others*

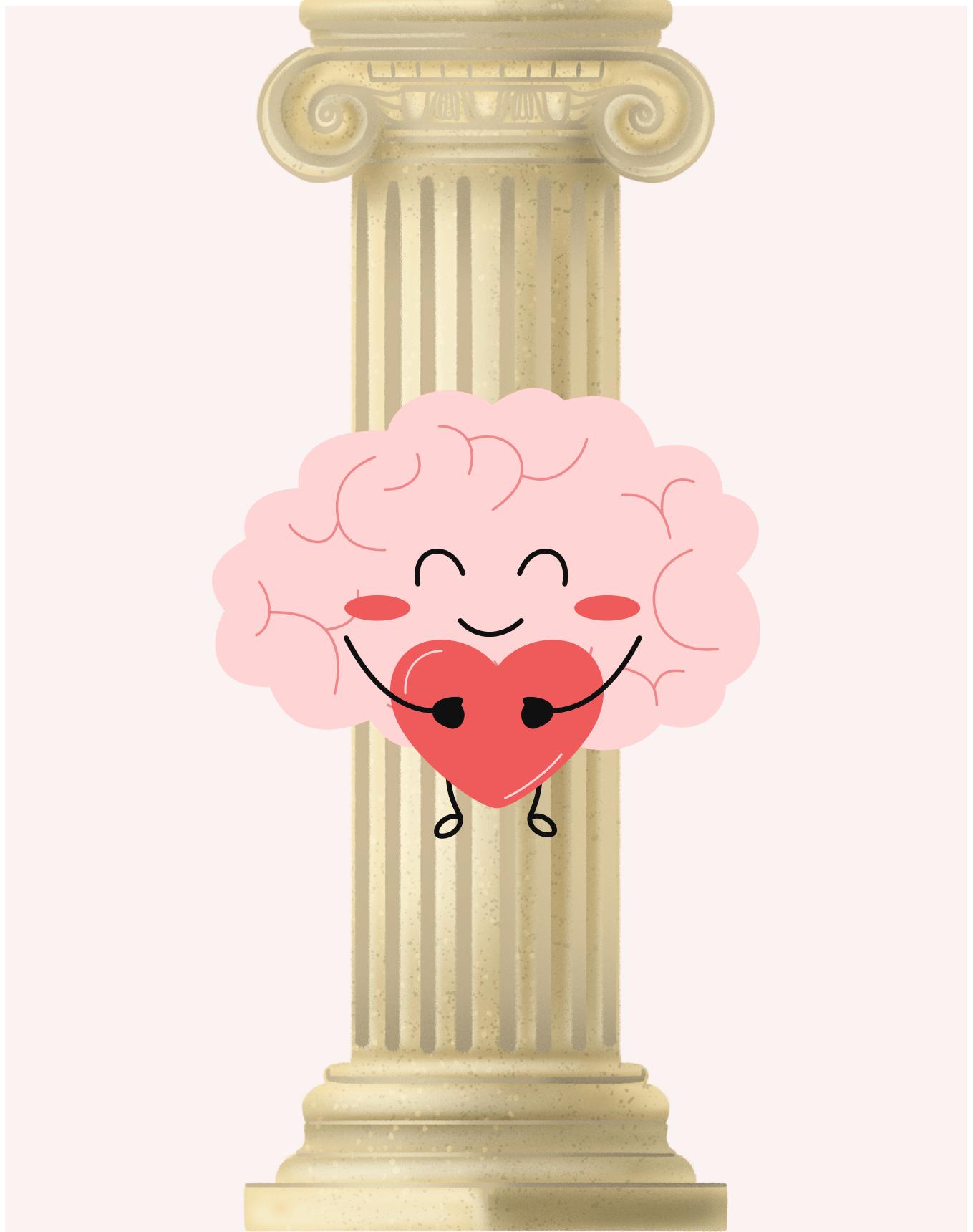
- Pregnancy patterns reappear postpartum
- Hormonal rhythms influence emotional well-being
- Nervous system patterns shape maternal mental health
- Nourishment needs carry into breastfeeding and long-term health



# *Pillar 6: Maternal Mental Health*

## **WHAT IT REPRESENTS**

- The emotional, cognitive, and nervous-system landscape of motherhood – how a woman experiences and processes her inner world.



## **WHY THIS PILLAR IS INCLUDED:**

- Emotional regulation is deeply tied to physiologic tendencies
- Genomics helps contextualize mood intensity without labeling
- Creates safety, understanding, and normalization
- Supports trauma-informed care across all stages

# *How Tendencies May Show Up*



- Stress sensitivity
- Emotional overwhelm
- Difficulty winding down
  - Low motivation
- Anxiety during transitions
- Intense emotional responses
- Sleep irregularity

**(Patterns ≠ predictions. MGI is non-clinical.)**

# *Why Practitioners Need This Pillar*

**Helps them recognize where support is needed**

**Reduces mother blame**

**Supports nervous system regulation**

**Creates a foundation for referrals when appropriate**

# *How Pillar 6 Connects to Others*



- Mood patterns emerge during cycles, fertility, pregnancy, and postpartum
  - Stress response influences labor and recovery
- Emotional resilience supports breastfeeding and bonding
  - Maternal mental health is the thread linking the entire continuum

# *Reflection:*

- Which pillar aligns most with your current practice?
- Which pillar feels most meaningful personally?
- How does this framework shift your approach to maternal support?

