

The MGI Maternal Genomics Framework



The Six Pillars of Maternal Maternal Genomics



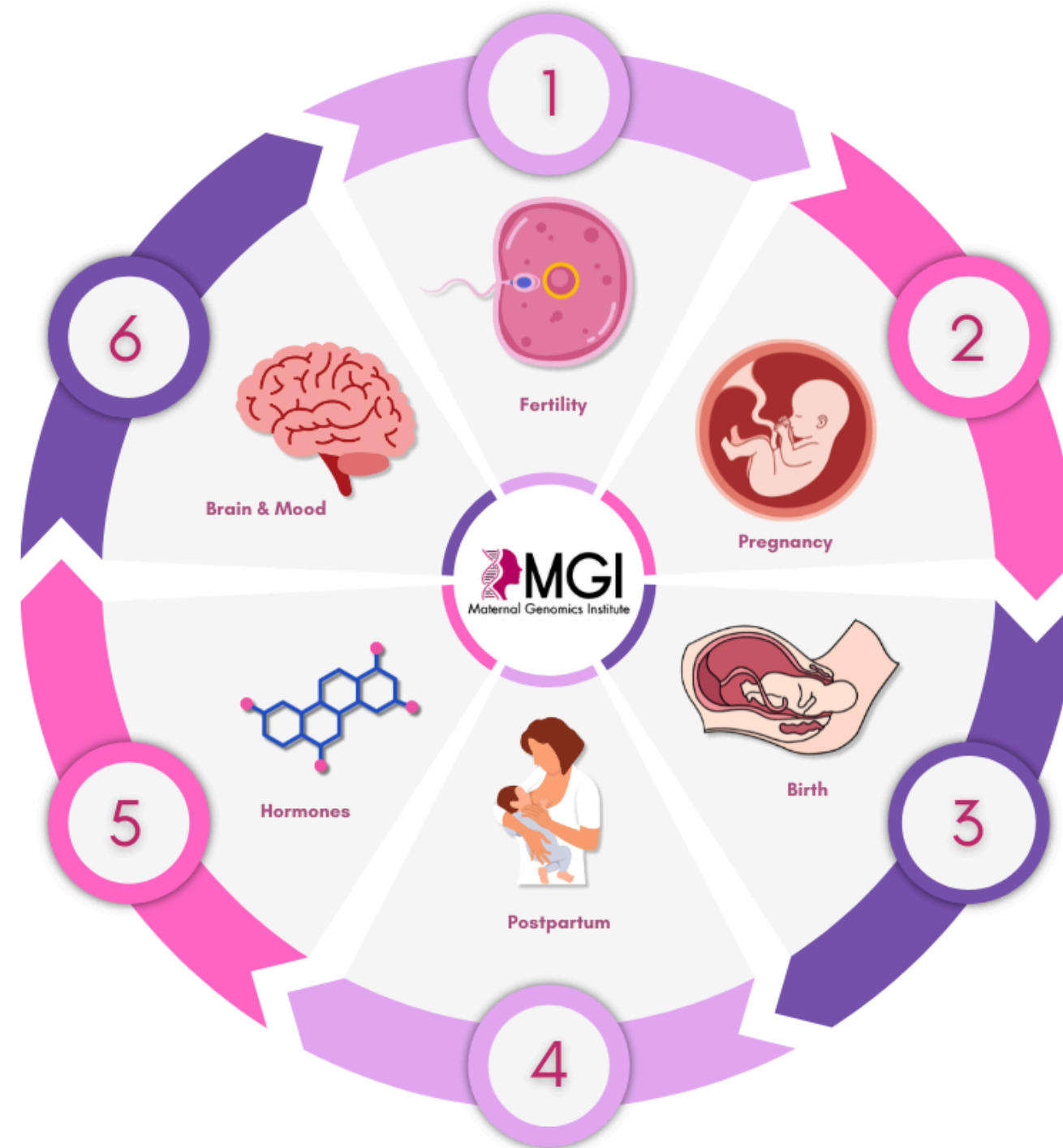
Why The Pillars Exist

- 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 DO THESE PILLARS INTERCONNECT?

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





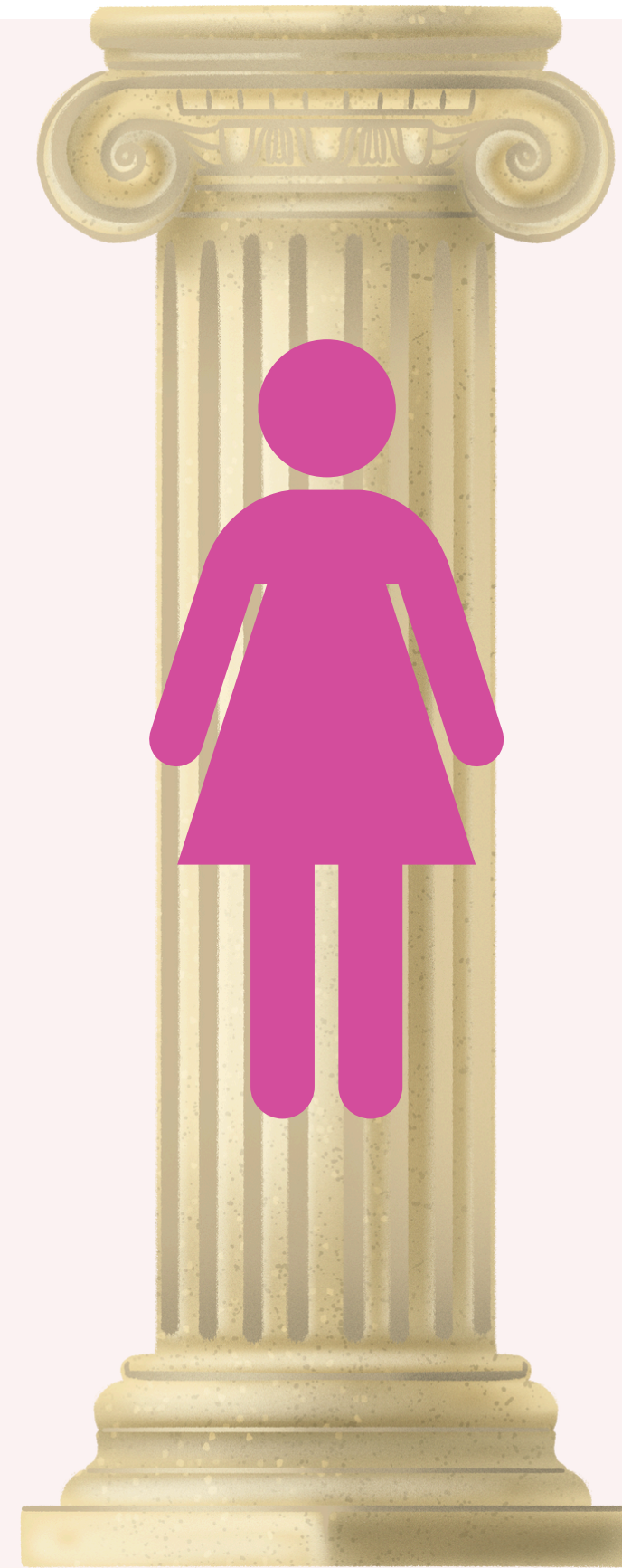
How the Pillars Work Together

- 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

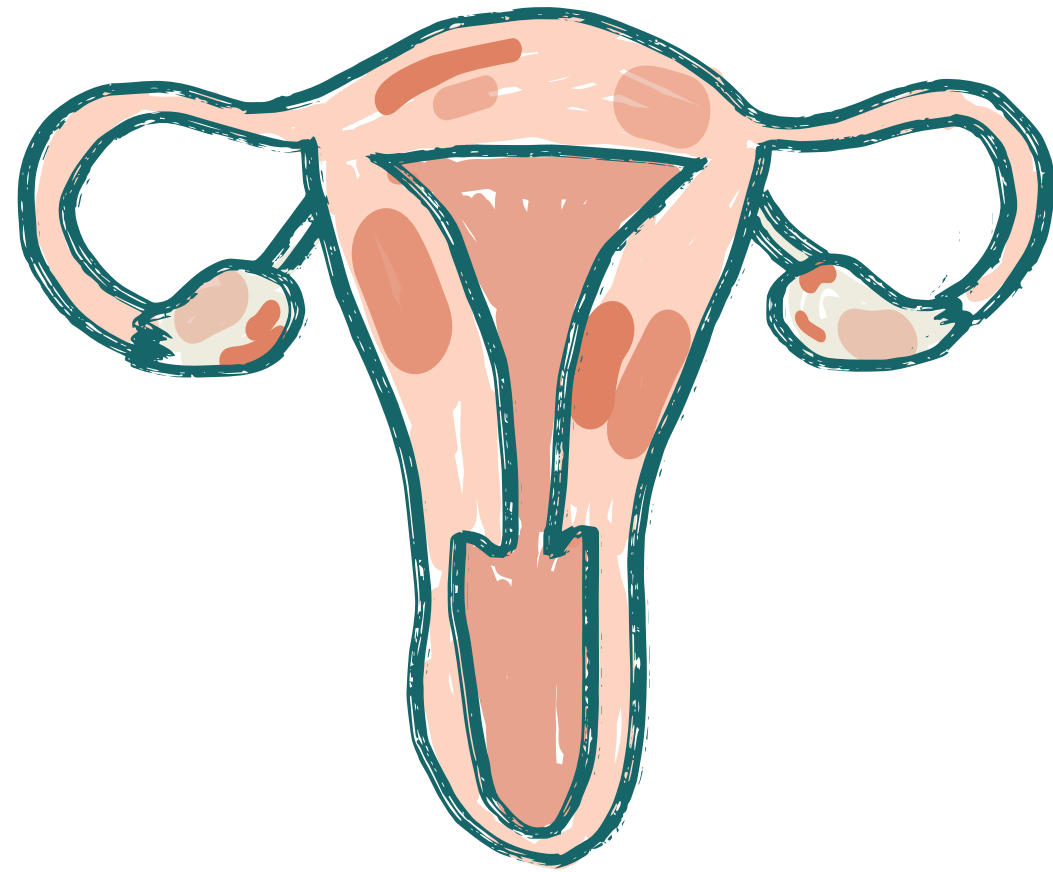
- A woman's cyclical rhythm, hormonal balance, and how her body transitions through monthly shifts.



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

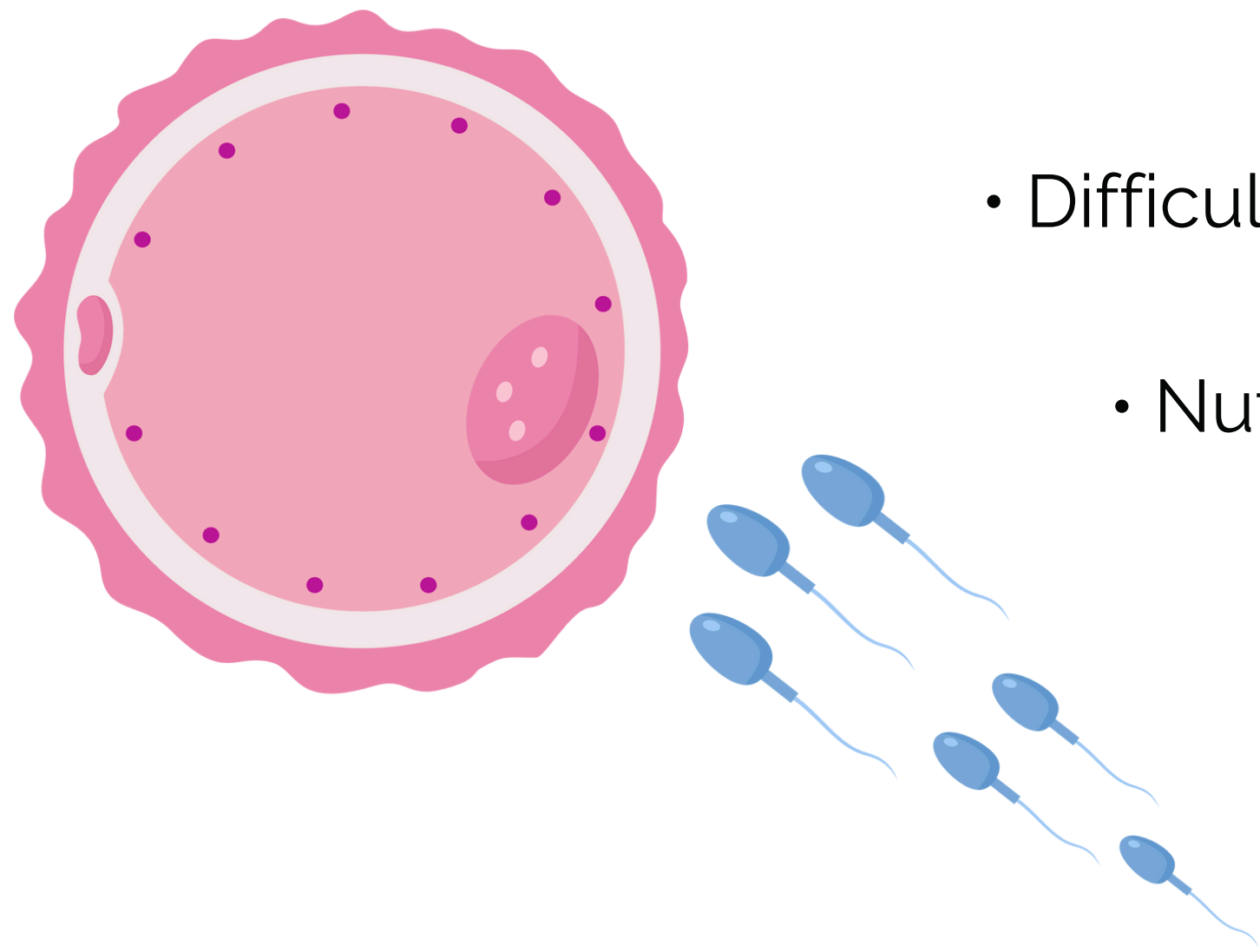
- A woman's preconception physiology — how her body prepares for and supports conception.



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

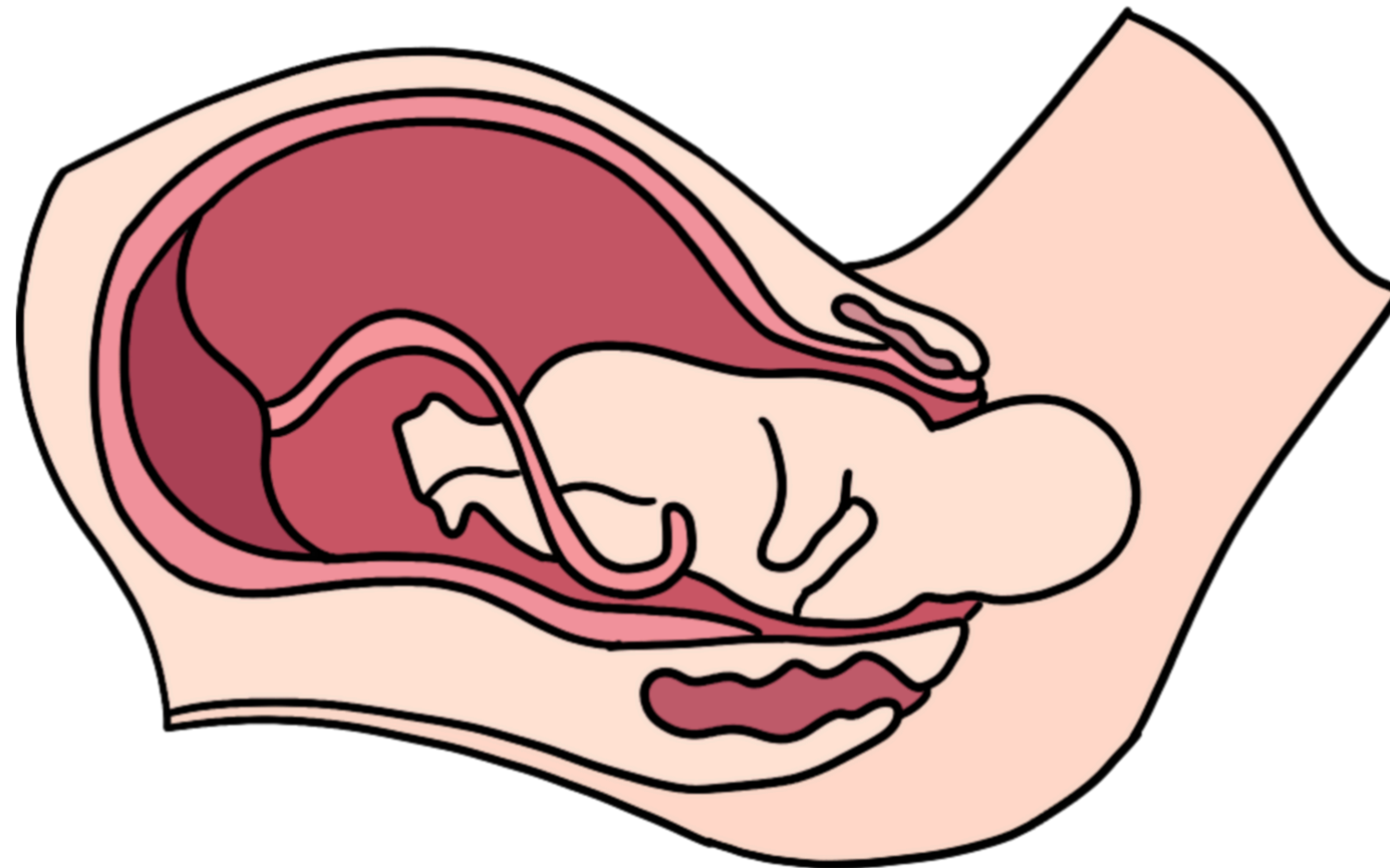
Deepens understanding of why birth is different for every woman

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

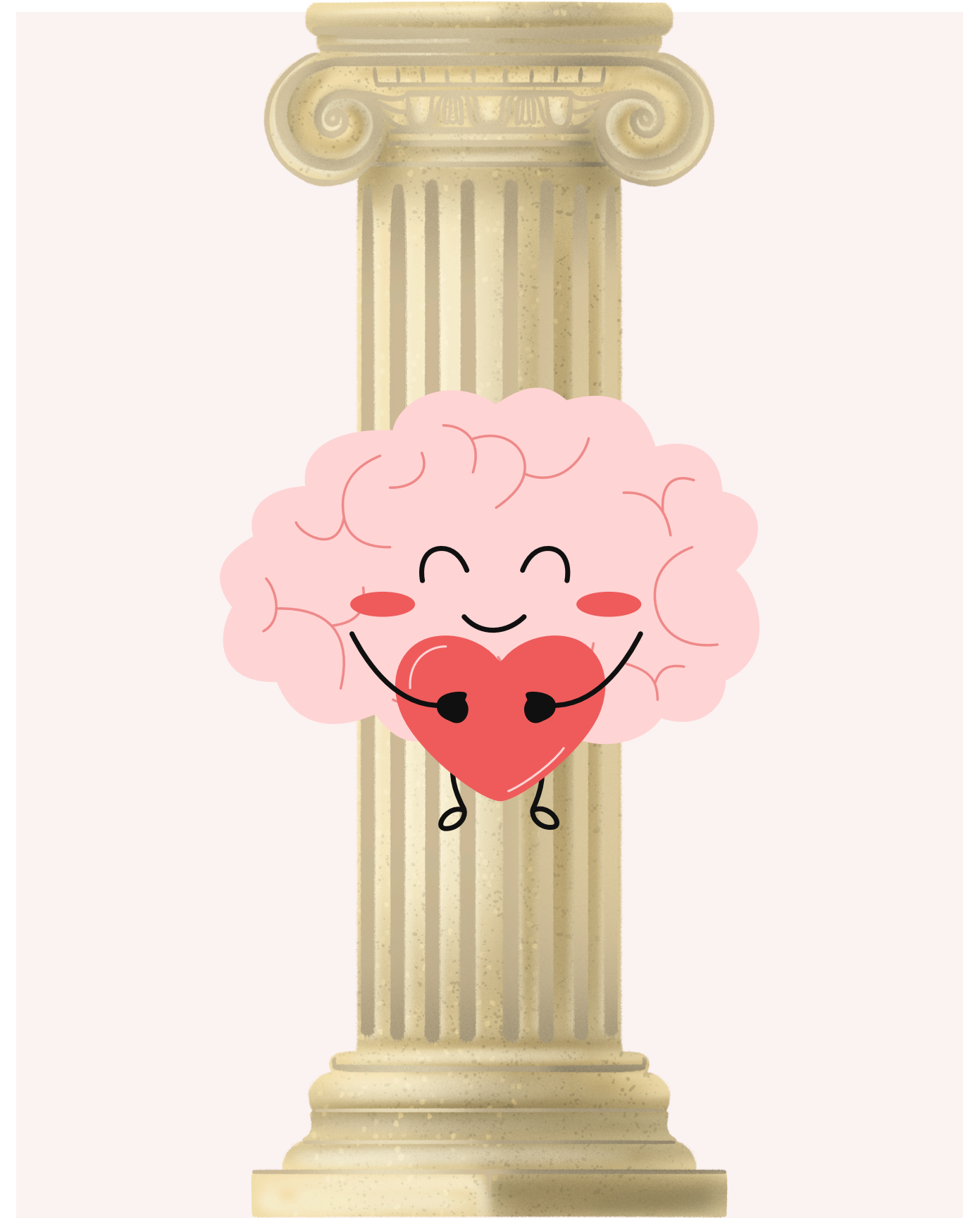
- Pregnancy patterns reappear postpartum
 - Hormonal rhythms influence emotional well-being
 - Nervous system patterns shape maternal mental health
- Nourishment needs carry into breastfeeding and long-term health



Pillar 6: Maternal Mental Health

WHAT IT REPRESENTS

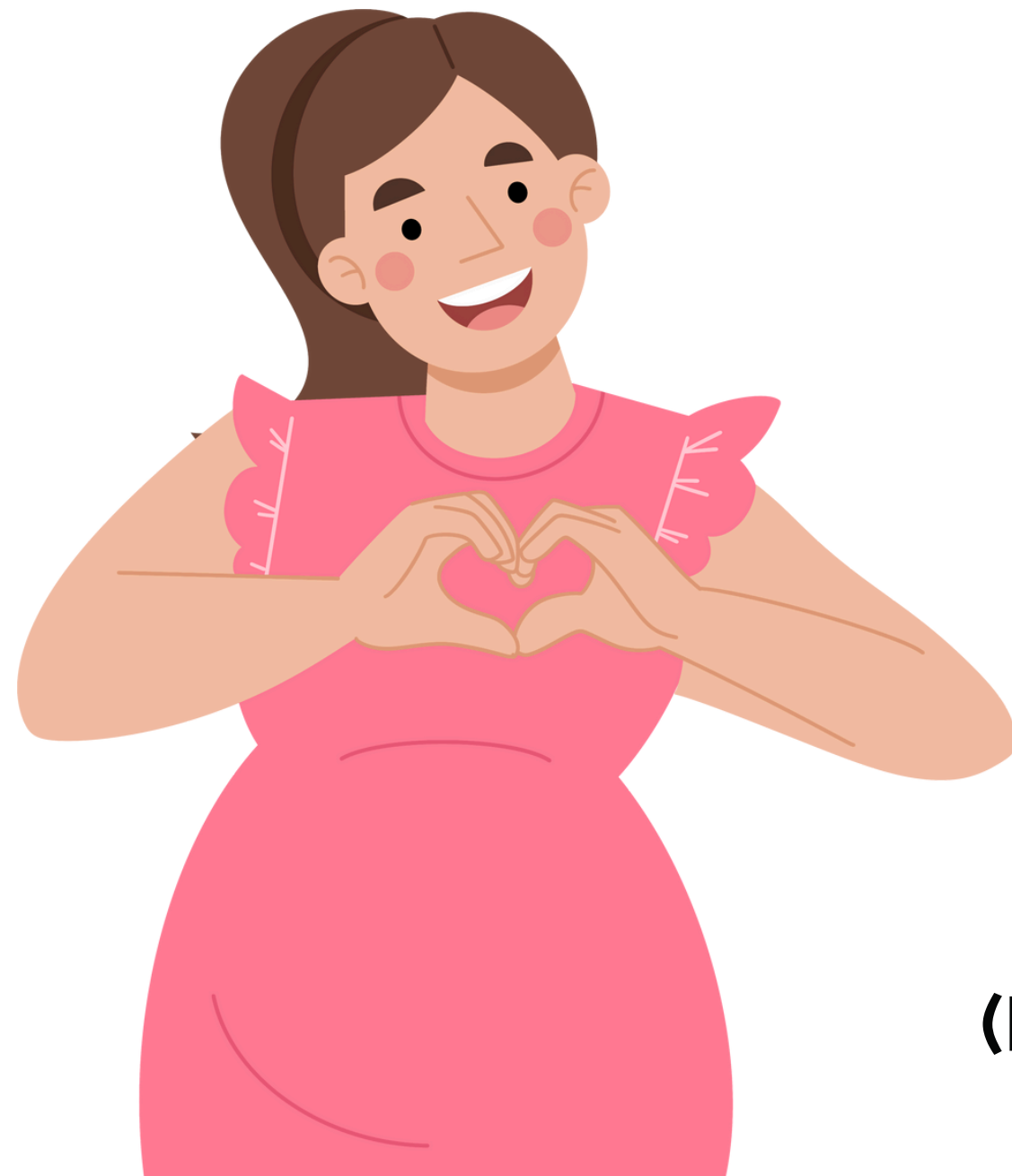
- The emotional, cognitive, and nervous-system landscape of motherhood — how a woman experiences and processes her inner world.



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?

