



Your Personal

Hormone Profile Quiz

Find Out Which Hormone Is Driving Your Belly Fat

And Get Your Personalised Action Plan

20 Symptoms • 4 Profiles • 1 Action Plan

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This quiz is a guide to help you understand your body. It is not a medical diagnosis. If you are on medication, please consult your doctor before making significant changes.

How To Use This Quiz

Read through all four sections. Tick every symptom that applies to you. Count your ticks in each section. The section with the highest score is your Dominant Hormone Profile. Go to that profile page for your personalised action plan.

Step	What To Do
1	Read through all four quiz sections below
2	Tick every symptom that applies to you. Be honest with yourself.
3	Count your ticks in each section and write your score in the box provided
4	The section with the highest score is your Dominant Hormone Profile
5	Turn to your profile page for your personalised meal, movement, and lifestyle plan
NOTE	If two sections score equally, read both profile pages. You may have a combined profile.

SECTION A: INSULIN RESISTANCE

The Sugar Hormone

	Symptom
	You feel hungry again within 1 to 2 hours of eating a full meal
	You crave sweet or starchy food constantly, especially after meals
	You carry most of your weight around your belly, even if the rest of your body is relatively slim
	You have dark patches on your neck, armpits, or groin that feel velvety or rough to touch
	Your energy crashes significantly in the afternoon, especially after a carb-heavy meal
	You feel tired even when you have slept well
	You gain weight easily around your midsection, even without eating very much
	You have been told your blood sugar is high, borderline, or you have type 2 diabetes
	You have PCOS or have been told you have insulin resistance
	You struggle to lose weight even when you eat less and exercise more

MY SECTION A SCORE:

_____ out of 10

Note: Insulin resistance is one of the most common hormonal issues in Africans over 35. It is the root of PCOS, type 2 diabetes, and stubborn belly fat.

SECTION B: CORTISOL

The Stress Hormone

	Symptom
	You feel stressed, overwhelmed, or anxious most of the time
	You carry weight specifically around your belly even though your arms and legs are relatively slim
	You eat more when you are stressed, sad, or overwhelmed
	You struggle to fall asleep or stay asleep even when you are exhausted
	You wake up in the middle of the night and cannot get back to sleep
	You feel wired but tired – exhausted but unable to relax

	You crave salty, sweet, or fatty food when you are under pressure
	Your belly has grown bigger during particularly stressful periods of your life
	You feel burnt out, flat, or emotionally drained most days
	You get sick frequently or take a long time to recover from illness

MY SECTION B SCORE:	_____ out of 10
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Note: Chronic stress keeps cortisol elevated, which directly signals your body to store fat around your belly. Managing stress is not optional for fat loss.

SECTION C: OESTROGEN

The Female Hormone

	Symptom
	You have heavy, painful, or irregular periods (or you did before menopause)

	You experience significant PMS: mood swings, bloating, or breast tenderness
	You carry weight around your hips, thighs, and belly
	You have been diagnosed with fibroids, endometriosis, or PCOS
	You feel bloated frequently, especially in the week before your period
	You experience mood swings, irritability, or anxiety that feels hormonal
	You have noticed fat shifting to your belly as you have gotten older
	You struggle with brain fog, poor concentration, or memory lapses
	You have low libido or feel emotionally flat
	You are in perimenopause or post-menopause and your weight has shifted significantly

MY SECTION C SCORE:	_____ out of 10
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Note: Oestrogen dominance is very common in women over 35 and is closely linked to belly fat, fibroids, and PCOS. Fat cells produce oestrogen, creating a cycle that is hard to break without the right approach.

SECTION D: THYROID

The Metabolism Hormone

	Symptom
	You feel cold all the time, especially your hands and feet, even when others are warm
	You feel fatigued no matter how much you sleep
	Your hair is thinning or falling out more than usual
	Your skin is dry, rough, or flaky despite moisturising
	You have constipation or very slow digestion
	Your weight keeps creeping up even though your eating habits have not changed significantly
	You feel mentally slow, foggy, or find it hard to concentrate
	You feel low in mood or have low motivation without an obvious reason
	Your periods have become heavier or more irregular
	You have been told your thyroid levels are borderline or you have hypothyroidism

MY SECTION D SCORE:

_____ out of 10

Note: Thyroid problems are often missed, especially in African women. An underactive thyroid slows your metabolism significantly, making fat loss very difficult despite your best efforts.

Ready to put this into action?

Join the Ask Dr Marvy WhatsApp Channel for daily tips, practical guidance, and support to help you implement everything in your profile.

[Click to join: Ask Dr Marvy WhatsApp Channel](#)

Your Results

Transfer your scores from each section below. Your highest score reveals your Dominant Hormone Profile.

Section	Hormone	Your Score	Profile Page
A	Insulin Resistance	_____ / 10	Next section
B	Cortisol (Stress)	_____ / 10	After that
C	Oestrogen	_____ / 10	And after
D	Thyroid	_____ / 10	Final section
HIGHEST	YOUR DOMINANT PROFILE	_____ / 10	<i>Go to that page now</i>

Two equal scores? Read both profile pages. You may have a combined hormonal profile. Focus on whichever symptoms feel most disruptive to your daily life first.

Profile A: Insulin Resistance

*Your body is struggling to process sugar properly.
The door to fat burning is locked.*

What Is Happening In Your Body

When your cells stop responding to insulin properly, your body keeps pumping out more insulin. High insulin tells your body to store fat, especially around your belly, and blocks fat burning. The result is stubborn belly fat that does not respond to dieting or exercise until the insulin problem is addressed directly. Eating less is a good first step, but it is only the beginning. You must deliberately lower insulin levels and improve insulin sensitivity through the right foods, movement, sleep, and stress management.

Your Meal Strategy

Action	Why It Works
Prioritise protein at every meal	Aim for 2 portions of protein per meal. Eggs, fish, chicken, beans, tofu.

Use the 1-2-3 Plate Method	1 portion carbs, 2 protein, 3 vegetables. This ratio steadies blood sugar after every meal.
Choose low glycemic carbs	Swap white rice for Ofada or brown rice. Choose boiled yam over fried. Add beans regularly.
Add fibre to every meal	Ugu, efo, okra, cabbage, garden eggs slow sugar absorption and reduce insulin spikes.
Stop eating 3 hours before bed	Late night eating keeps insulin elevated overnight and blocks fat burning while you sleep.
Reduce processed foods	Biscuits, bread, noodles, and sugary drinks spike insulin faster than any other foods.

Your Movement Strategy

Strength train 3 to 4 times per week: Muscle is your most powerful tool for improving insulin sensitivity. Even bodyweight exercises work.

Walk after meals: A 10 to 15 minute walk after eating helps muscles absorb blood sugar and reduces the insulin spike.

Avoid prolonged sitting: Get up and move every hour. Set a reminder if needed.

Your Lifestyle Strategy

Eat within 90 minutes of waking: Especially if you have PCOS or blood sugar issues. This helps regulate your cortisol and insulin rhythm.

Consider a 12 to 16 hour overnight eating window: Finish dinner by 7pm and eat breakfast at 7am to 9am. This gives insulin time to come down.

Test your blood sugar if you have not already: Ask your doctor for a fasting blood glucose and HbA1c test to know your baseline.

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Join here:

<https://whatsapp.com/channel/0029VbBUFv09MF95LqvAw0i>

Profile B: Cortisol Dominance

Your stress response is in overdrive. Your body thinks it is in danger and is holding onto every gram of fat.

What Is Happening In Your Body

Cortisol is your survival hormone. In short bursts it is helpful. But when stress is chronic and unrelenting, cortisol stays elevated. This raises blood sugar, triggers insulin, breaks down muscle, slows your metabolism, and tells your body to store fat specifically around your belly. No amount of dieting will overcome chronically elevated cortisol. Managing stress is not a wellness luxury. It is a fat loss strategy.

Your Meal Strategy

Action	Why It Works
Eat regular balanced meals	Do not skip meals. Skipping raises cortisol further. Eat every 4 to 5 hours.

Add magnesium-rich foods	Dark leafy greens, beans, and pumpkin seeds support cortisol regulation.
Reduce caffeine	Coffee and strong tea raise cortisol acutely. Swap one cup for zobo, green tea, or warm water with lemon.
Eat protein and healthy fat at breakfast	Eggs or Greek yoghurt stabilise blood sugar and reduce the morning cortisol spike.
Avoid alcohol	Alcohol disrupts sleep and raises cortisol the following day, making stress worse.

Your Movement Strategy

Choose gentle movement: Walks, swimming, and dancing lower cortisol. Intense daily exercise raises it when you are already depleted.

Avoid exercising when exhausted: If you slept badly or are highly stressed, a gentle walk is better than an intense workout.

Aim for balance: Two strength sessions and three to four gentle movement days per week is ideal.

Your Lifestyle Strategy

Protect your sleep above everything else: Sleep is the most powerful cortisol reset available. Aim for 7 to 8 hours with a consistent bedtime.

Create a morning ritual: No phone for the first 30 minutes. Pray, breathe, stretch, or sit in silence. This sets your cortisol rhythm for the day.

Learn to say no: Every commitment you cannot afford is a cortisol load your body carries. Protect your peace.

Try deep breathing: 4 counts in, hold for 4, out for 6. Even 5 minutes daily reduces cortisol measurably.

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Profile C: Oestrogen Dominance

Your oestrogen is unchecked. Fat is storing where it should not be and your body is struggling to clear excess hormones.

What Is Happening In Your Body

Oestrogen dominance means too much oestrogen relative to progesterone. After 35, progesterone declines faster than oestrogen. Fat cells also produce oestrogen, creating a cycle: more fat means more oestrogen, which drives more fat storage. Cruciferous vegetables, fibre, and liver support are your most powerful tools here.

Your Meal Strategy

Action	Why It Works
Eat cruciferous vegetables daily	Cabbage, broccoli, and cauliflower contain compounds that help your liver break down and clear excess oestrogen. Aim for 1 to 2 cups daily.

Add ground flaxseed	One tablespoon daily helps shift oestrogen metabolism toward less active forms. Add to pap, yoghurt, or smoothie.
Eat plenty of fibre	Fibre binds excess oestrogen in the gut and removes it. Beans, ugu, okra, and whole grains are excellent sources.
Reduce processed soy and plastic-wrapped foods	These contain compounds that mimic oestrogen and worsen dominance.
Support your liver	Bitter leaf, garden egg, and adequate water support the liver which processes excess oestrogen.
Reduce alcohol	Alcohol impairs liver function and significantly worsens oestrogen dominance.

Your Movement Strategy

Strength training is especially important: Muscle helps metabolise oestrogen and improves hormonal balance. Aim for 3 sessions per week.

Avoid over-exercising: Excessive cardio raises cortisol which worsens hormonal imbalance. Balance is key.

Your Lifestyle Strategy

Prioritise sleep: As progesterone declines, sleep suffers. A consistent bedtime and a dark, cool room help.

Reduce plastic use: Store food in glass or stainless steel where possible. Plastics leach oestrogen-mimicking compounds especially when heated.

Ask your doctor about hormone testing: If symptoms are severe, a hormone panel including oestrogen, progesterone, and testosterone is worth requesting.

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Profile D: Thyroid

Your metabolic thermostat is turned down low. Your body is burning energy slowly and holding onto everything it has.

What Is Happening In Your Body

Your thyroid controls how fast your body burns energy. When thyroid hormones are low, your metabolism slows significantly. You burn fewer calories at rest, feel constantly cold and fatigued, and gain weight even without eating more. Thyroid dysfunction is frequently missed in African women and often coexists with PCOS and insulin resistance. Getting a proper thyroid test is essential.

Your Meal Strategy

Action	Why It Works
Add selenium-rich foods	Selenium supports thyroid hormone production. Eggs, Tiltus fish, sardines, chicken, and beans are excellent Nigerian sources.

Ensure adequate iodine	Stockfish, seafood, and iodised salt are your best sources of iodine which is required to make thyroid hormones.
Eat enough protein	Thyroid hormones are built from amino acids. Prioritise protein at every meal.
Cook cruciferous vegetables	Large amounts of raw cruciferous vegetables can interfere with thyroid iodine uptake. Light cooking reduces this effect.
Do not restrict calories severely	Very low calorie diets lower thyroid hormone production further. Eat enough to fuel your body.

Your Movement Strategy

Start gentle and build slowly: Fatigue from thyroid issues makes intense exercise very difficult. Start with daily walks and build from there.

Add strength training gradually: Even 2 sessions per week makes a meaningful difference to your metabolism.

Rest is part of your healing: With thyroid issues, adequate rest is not laziness. It is part of your protocol.

Your Lifestyle Strategy

Get a full thyroid panel urgently: Ask your doctor for TSH, Free T3, Free T4, and thyroid antibodies. TSH alone is not enough.

Check for iron deficiency: Low iron impairs thyroid hormone conversion. Ask for a ferritin test alongside your thyroid panel.

Manage stress: Cortisol suppresses thyroid function. Managing stress is doubly important for this profile.

Sleep consistently: Your thyroid hormones follow a circadian rhythm. Consistent sleep supports their production.

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A Final Word From Dr Marvy

Your body has been doing its best with the information and resources it has had. It was never failing you. It was responding to signals. Now you understand those signals better.

Use this profile as your starting point, not your sentence. Hormones can be rebalanced. Fat can be lost. Health can be restored. I have seen it happen for hundreds of people who felt exactly where you feel right now.

*Love always,
Dr Marvy*

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This quiz is a guide, not a medical diagnosis. If you have serious symptoms, please consult your doctor and request the relevant hormone tests. If you are on medication, speak to your doctor before making significant dietary or lifestyle changes.