

REVIVE Case Study

Joshua Harper's Journey Back to His Body

"REVIVE has given me confidence that my body can respond again — and that lasting change is possible when I work with my body instead of constantly fighting against it."

At a Glance

Starting Weight / Body Fat % 236.0 lb / est. 28–30% BF	Current Best Weight 216.0 lb
Waist Measurement Change 44.5" → 41.5" (–3.0")	Total Weight Lost 20.0 lb
Chest / Neck / Arm Change Chest –2.5" • Neck –0.5" • Arm –0.25"	Program Start Date May 24, 2026 (Study Day 1)
Protocol / Peptides Used Retatrutide, Ipamorelin	Strength / Performance Notes Muscle largely preserved; some lifts improved during cut

Before REVIVE: Doing Everything Right, Getting Nowhere

Joshua wasn't sick. He lifted weights consistently and knew more about nutrition than most people ever will. But his body had stopped responding the way it used to. In his thirties, intermittent fasting had helped him reach single-digit body fat — he knew what his body was capable of. Then came years of high stress: divorce, custody battles, sleepless nights that started at 3:00 a.m. and never really stopped. The strategies that once worked for him quietly stopped working, and no combination of fasting, tracking, or willpower could get him back.

He described the feeling plainly: he knew exactly what to do, but his body simply wasn't cooperating anymore.

The Turning Point

Joshua didn't want a shortcut, and he didn't want to just get smaller. His biggest fear going into REVIVE was losing the muscle he had spent years building. He wanted to find out what his body was still capable of — to reveal the physique underneath, not sacrifice it.

Before beginning, Joshua read the GLP-1 Decision Guide, which gave him full confidence in choosing GLP-1 support as part of his recovery — not as a shortcut, but as a tool to create the window of opportunity his body needed.

The First Few Weeks: A Quiet Mind

The most immediate change wasn't the scale — it was the silence. Within the first few weeks, the constant mental chatter about food that had followed Joshua for years simply faded. For the first time in a long time, he could make decisions based on what his body actually needed instead of fighting himself all day.

But REVIVE was never framed to him as a shortcut. Alongside appetite changes, Joshua focused on lifting heavy, prioritizing protein, hydration, and minerals, and protecting the muscle he'd already built. As he put it, it wasn't magic — it required real intention every day.

"The biggest surprise wasn't the weight loss — it was how much quieter my mind became around food."

Physical Changes

Over the course of the program, Joshua saw his waist come down several inches while maintaining most of his strength — some lifts even improved during the cut. Bodyweight movements like pull-ups became noticeably easier as he got lighter. He also noticed reduced inflammation and puffiness, better mobility, better endurance in daily life, and more stable energy throughout the day. Digestive slowdown and heartburn showed up at times, which he learned to work through as part of the process.

Strength & Lifting Metrics: Beginning vs. Today

The numbers tell their own story — Joshua didn't just lose weight, he got stronger while doing it.

Workout A

Exercise	Beginning	Today
Incline Press	60 × 7	65 × 6 (Best: 70 × 6)
Standing Shoulder Press	50 × 5	50 × 10
Row	70 × 9	80 × 10
Rear Delts	None	35 × 15
Triceps	None	70 × 5

Workout B

Exercise	Beginning	Today
Deadlift	250 × 7	295 × 3
Bent Row	None	225 × 5
Single Leg	Reverse Lunge 75 × 10	Walking Lunge 90 × 10
Goblet Squat	None	75 × 10

Exercise	Beginning	Today
Shrugs	80 × 12	75 × 12
Rear Delts	None	35 × 15

"Body Weight: 236 lb → 218 lb — while adding weight and reps across nearly every major lift."

The Real Shift Was Mental

Before REVIVE, hunger felt like it was in control — urgent and hard to ignore. Now, Joshua describes hunger as normal: his body communicating rather than demanding. That shift changed everything about his consistency. He stopped viewing health as a battle of restriction and started viewing it as building the right environment for his body to function — protein, minerals, hydration, resistance training, sleep, and recovery working together.

"I've stopped fighting my body. Instead of feeling frustrated that it wasn't responding, I now feel like I'm working with it."

He also learned to trust process over the scale. On days the number didn't move, his waist measurements, progress photos, and strength numbers told a different, more encouraging story.

"Healing isn't about doing less — it's about supporting your body better."

Advice to Someone Considering REVIVE

Joshua is direct about what made the difference: don't treat REVIVE as a shortcut. The appetite changes create a window of opportunity — what determines whether results last is what you do with that window. His advice: focus on protein, lift weights, stay hydrated, track your progress, and be patient with your body so you aren't left with a major rebound once the window closes.

Looking Ahead

Joshua is now shifting his focus from losing fat to building muscle again — and for the first time in years, he doesn't feel like he's starting over. He feels like he's building on a solid foundation.

"If your journey could be summarized in one word, what would it be? Hope. Because for the first time in years, I feel like I'm building something that can actually last."

Who He Worked With

Joshua's transformation was guided by a two-part approach — medical support paired with mindset and behavior coaching.

Meredith Wetherell, NP

Medical Lead — Reclaim Wellness



Reclaim Wellness was founded by Meredith Wetherell, a nurse practitioner and medical intuitive with decades of experience in healthcare and holistic healing. Her work bridges modern medicine with mind-body approaches, helping clients understand not only what to change, but why change can feel difficult to sustain.

Meredith brings a compassionate, grounded presence to her work, blending medical insight, lifestyle medicine, and subconscious healing techniques to support lasting transformation. Her philosophy is rooted in empowering individuals to reconnect with their bodies, regulate their nervous systems, and reclaim ownership of their health journey.

Dr. Jami Lee

Coaching Lead — A Body in Repair



Dr. Jami Lee is an Autoimmune Health Coach, ordained minister, and the founder of A Body in Repair and Alternative Healthcare Solutions. She holds a PhD in Metaphysical Humanistic Sciences and has dedicated her work to helping people restore their health through a root-cause, spiritually grounded approach to healing. She is the creator of the Regeneration and REVIVE protocols — comprehensive frameworks designed to help individuals address chronic illness, metabolic dysfunction, autoimmune conditions, and overall health restoration by supporting the body's innate ability to heal.

When she's not working with clients, she's living the life she teaches — enjoying her blended family of twelve children alongside her husband, Joshua, on their 13-acre farm, homeschooling, tending the land, and practicing Quantum Energy work woven into the rhythms of everyday life.

Apply To Work With Dr. Jami