

# VITALITY DIGEST

DECEMBER 2025

## NADIA SHEIKH

Finance Professional |  
Director of Business  
Development and Marketing |  
Author



*Blooming*  
THROUGH  
CHANGE

THRIVING  
THROUGH  
EVERY  
*Season*

EMPOWERHER CONTENT DAY™

**2026**

SHE RISES STUDIOS™ & FENIX TV™  
IN LAS VEGAS, NV

FEBRUARY 22, 2026

SEE FEATURED ARTICLES INSIDE

SEE FEATURED ARTICLES INSIDE

ROOTED IN  
*Renewal*

IGHT NEW JERSEY



n12 SPOTLIGHT NEW JERSEY



# LETTER FROM THE EDITORS

Dear Readers,

As we bring another year to a close, December invites us into reflection — a season of slowing down, taking stock, and reconnecting to what truly sustains us. At Vitality Digest Magazine, we believe that thriving is not just about reaching new heights but staying grounded through change. That is the spirit behind our December 2025 edition, *Rooted in Renewal: Thriving Through Every Season*.

In a world that often celebrates constant motion, this issue is a reminder that vitality begins from within. Renewal is not a one-time event; it's a lifelong practice of returning to balance, nourishing the mind, body, and spirit, and allowing growth to come through rest as much as through action. Whether it's the warmth of connection, the rhythm of movement, or the quiet courage to begin again, thriving mindfully requires presence — and the willingness to honor every season of our lives.

Our cover feature, Nadia Sheikh, embodies that truth with power and grace. Her story, *Breaking Barriers, Building Bridges: The Legacy of Nadia Sheikh*, is a celebration of resilience, renewal, and purpose. From the boardrooms of finance to the discipline of martial arts, Nadia's life reminds us that strength and softness can coexist. Her journey shows how faith, focus, and compassion can turn every challenge into a chance to rise stronger — not just for oneself, but for the community.

In this issue, we also explore how to cultivate vitality from the inside out. You'll find holistic insights on stress resilience, seasonal wellness rituals, nourishing foods that support balance, and mindfulness practices to keep you centered in times of change. Each feature is designed to help you thrive mindfully — not just survive — as you move through your own seasons of transformation.

As 2025 comes to a close, may this edition inspire you to embrace renewal in every form: in your habits, your health, your relationships, and your sense of purpose. Like nature, we are meant to evolve — to shed what no longer serves us and root deeper into what brings us life.

Here's to entering the new year grounded in gratitude, strengthened by stillness, and ready to thrive in every season ahead.

*With warmth and renewal,*

**Adriana Luna Carlos & Hanna Olivas**  
Editors of Vitality Digest Magazine



# **FROM WAKE-UP CALL TO WELLBEING: THE CAVEMAN CODE FOR A JOYFUL LIFE**

By **Carl Jones**  
The Caveman

Even as a cop I never expected it. One night shift I faced a gunman, although even after 15 years there is still a lot of pain, it resulted in an incredible gift of perspective. It was the universe tapping me on the shoulder, saying, "let's focus on what truly matters!" Walking away unharmed was my personal miracle, and it immediately sparked a curiosity: how can we thrive and find joyful longevity even when life throws us a curveball?

I realised that the intense, primal stress that I felt on that day, was just a more extreme version of the daily pressure cooker we all live in. Whether you're running a thriving business or balancing family and trying to find some self-care, the juggle is real! But for this glass-half-full Caveman, every challenge is simply an opportunity for growth and greater mental clarity.

### The Three Keys to Unlocking Your Best Self

My own journey of transforming that high-stakes moment into a high-value purpose led to the creation of The Caveman Principles, now in its second edition. It's a cheerful guide to tackling the three modern challenges that can dim our inner self: Stress, Communication, and Change.

After years of thought, these aren't problems to dread; they are opportunities for success!

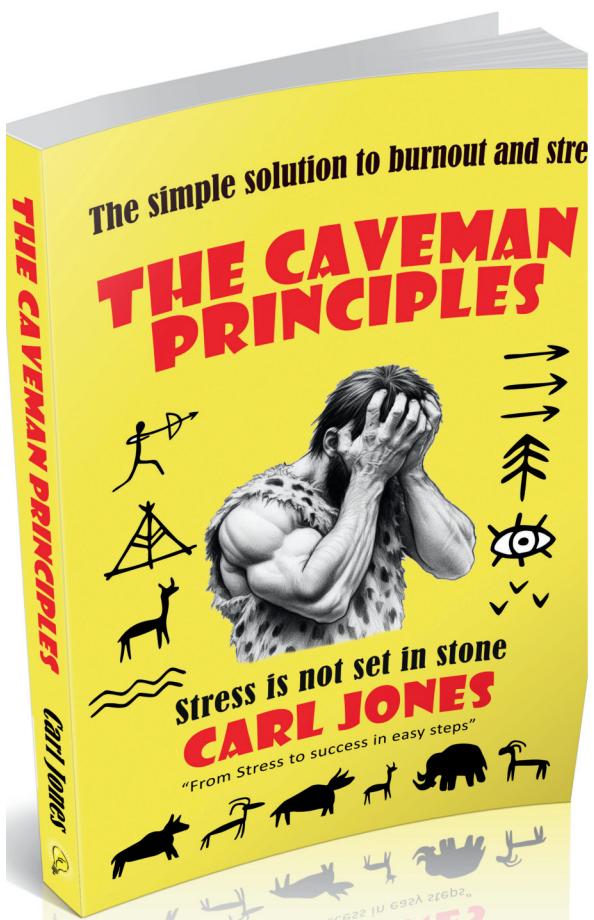
- **Stress is Energy:** We can choose to let stress crush us, or we can see it as pure energy waiting to be channelled. It's our body giving us a boost! The key is to manage the reaction, then the source. I learned to convert panic into a positive, simple action plans, instantly calming the nervous system and regaining focus.
- **Communication is Connection:** So much daily friction comes from misunderstanding, both with our loved ones and others. Are you truly speaking their language, believing you have helped? I believe that we must read others, before communicating is the pathway to harmonious living and brilliant business results.
- **Change is Celebration:** Success means growing, and growth means changing! Instead of resisting, we should tackle change as we have a chance to evolve into a better, brighter versions of ourselves. Embracing the inevitable flow of change makes us resilient, adaptable, and far more fun to be around!

### Your Mental Health Boost is easier than you think

My dramatic incident and the years that followed forced me to see life differently. The lessons I packed into The Caveman Principles are designed to give others the same clarity without having to face a crisis first.

For anyone seeking a boost in mental health and balance, think about stress as a strength and not you being fragile, it is primal and powerful. By simplifying your response to Stress, clarifying your Communication, and embracing Change, you instantly tap into your natural Caveman success code.

Everything happens for a reason. My reason was to share this simple, upbeat path so you can build success, achieve longevity, and feel wonderful while doing it!



### Connect With Carl

[www.carljones.org](http://www.carljones.org)  
[www.linkedin.com/in/carl-jones-speaker](http://www.linkedin.com/in/carl-jones-speaker)  
[www.instagram.com/carljonesauthor](http://www.instagram.com/carljonesauthor)