

THE EFFECTS OF SIN AND RIGHTEOUSNESS ON AGING: THE METHUSELAH PROJECT

David M. Spencer, M.D.

Aging and what affects the aging process play key roles in research and academic environments throughout the U.S. and other countries. Geneticists have discovered the causes of multiple aging syndromes which shed light on the critical aspects of aging and its genomic etiology. Although scientists have not yet identified a specific aging gene, they have uncovered the four main longevity gene families which control many of the expressions of longevity: the cellular repair and maintenance family, the inflammation family, the lipid family, and the cellular stress resistance family. Individuals inherit these gene families and can control their protein expressions through behavior.

This dissertation posits that God engineered the human body for eternity and forbade sinful behavior, through the creation of conscience and the awareness of universal moral law. He promises long life to those who follow His commandment to honor parents, because learning to obey our parents facilitates respect for authority and the obedience of the other commandments throughout life. This dissertation also elaborates on God's warning to those who would violate His directives for living through the negative impact that disobedience has on the genome.

This work explores multiple examples of sin and its impact on aging, including an analysis of the effects that violation of the Ten Commandments have on the genome through the activation of the inflammatory gene family which, in turn, generate increased stress hormones cortisol, cortisone, epinephrine, and norepinephrine. In addition, fasting/obesity, philanthropy/miserliness, and exercise/inactivity have positive and negative impact on longevity because of direct effects on the APO genes and the lipid family, on the NK kappa beta genes and the inflammatory family, and on the SIRT and IGF genes of the cellular stress resistance family.