

Short Redhead Reel Reviews for the week of Jan. 21

Rating system: (4=Don't miss, 3=Good, 2=Worth a look, 1=Forget it)

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"Salt in My Soul" (NR) (4) [Opens Jan. 21 in theaters in New York City and Los Angeles and available Jan. 25 on various VOD platforms.] — Will Battersby's powerful, gut-wrenching, captivating, hopeful, eye-opening, heartbreaking, moving, inspirational, thought-provoking, 96-minute documentary based on environmentalist Mallory Smith's bestselling, posthumously published memoir "Salt in My Soul: An Unfinished Life" that chronicles her enthusiasm for living her best life while dying (10/12/1992-11/15/2017) despite her painful 25-year struggle with cystic fibrosis (CF) diagnosed age 3, the unconditional love and support of her devoted parents Diane Shader Smith and Mark Smith and brother Micah Smith in all aspects of her life from nurturing through nutrition, researching unconventional and groundbreaking treatment options such as phage therapy to combat antibiotic-resistant infections, raising money for CF research, and assisting her after she received a double-lung transplant and consists of intimate secret journal entries, photographs, audio recordings, home videos, and book excerpts and insightful interview snippets with parents Diane and Mark, brother Micah, boyfriend Jack Goodwin, uncle Danny Shader, aunt Meryl Shader, CF patient Travis Flores, friend Charlotte Skura, professors Dr. James Campbell and Susan McConnell, coach Rob Bowie, photographer Susan Gottlieb, and doctors Dr. Patricia Eshaghian, Dr. Joseph Pilewski, and Dr. Pornchai Tirakitsoontorn.