

Your Weekly Roundup of New Movies: “Salt in My Soul” Is a Heartwrenching Documentary About a Young Woman Diagnosed With Cystic Fibrosis

What to see and skip while streaming or going to the theater.

By WW Contributors

January 18, 2022 at 11:00 pm PST

Now playing

TOP PICK OF THE WEEK

Salt in My Soul



Salt in my Soul

**** If you plan to see *Salt in My Soul* in theaters, bring Kleenex. The heartwrenching documentary follows the life of Mallory Smith, a young woman who was diagnosed with cystic fibrosis as a child. As a teenager, she contracted *B. cepacia*, a bacteria in her lungs that is often deadly for CF patients. The movie weaves together home footage, diary excerpts, and interviews with her friends, loved ones, and doctors to bring to life Smith’s remarkable story. The film is decidedly lo-fi, with long underwater shots of the sun filtering through ocean waves. It’s often gutting, from the revelation that an experimental phage therapy that attacks bacteria might have saved her life, if only she’d received it earlier, to home videos of Smith as a 4-year-old undergoing the exhausting and painful daily exercises necessary for her to breathe. Despite suffering from chronic pain, she was a star athlete in high school and went on to produce a book of poetry while studying at Stanford. She kept a 2,500-page diary from the age of 15 until her death at 25. The writing highlights in lyric and often wrenching prose the pain of her medical journey and the wisdom and zeal for life that she developed as a result of her experience with CF. I challenge anyone to finish *Salt in My Soul* with dry eyes. **NR.** GRACE CULHANE.
On Demand.