In my opinion the body language is strictly connected with the environment around us. For example, if I am with my close friends it is obvious that i will be more open because I feel good with them. Buti f I am for example at a job interview or I am doing a really important exam, I will feel a bit more powerless and my body language will be different. Anyway, I have never heard about these positions and their meaning. I am very surprised and I will certainly try the advice of the doctor.